

REAL SIMPLE

GIFTS FOR
NEWLYWEDS,
GRADS &
DADS

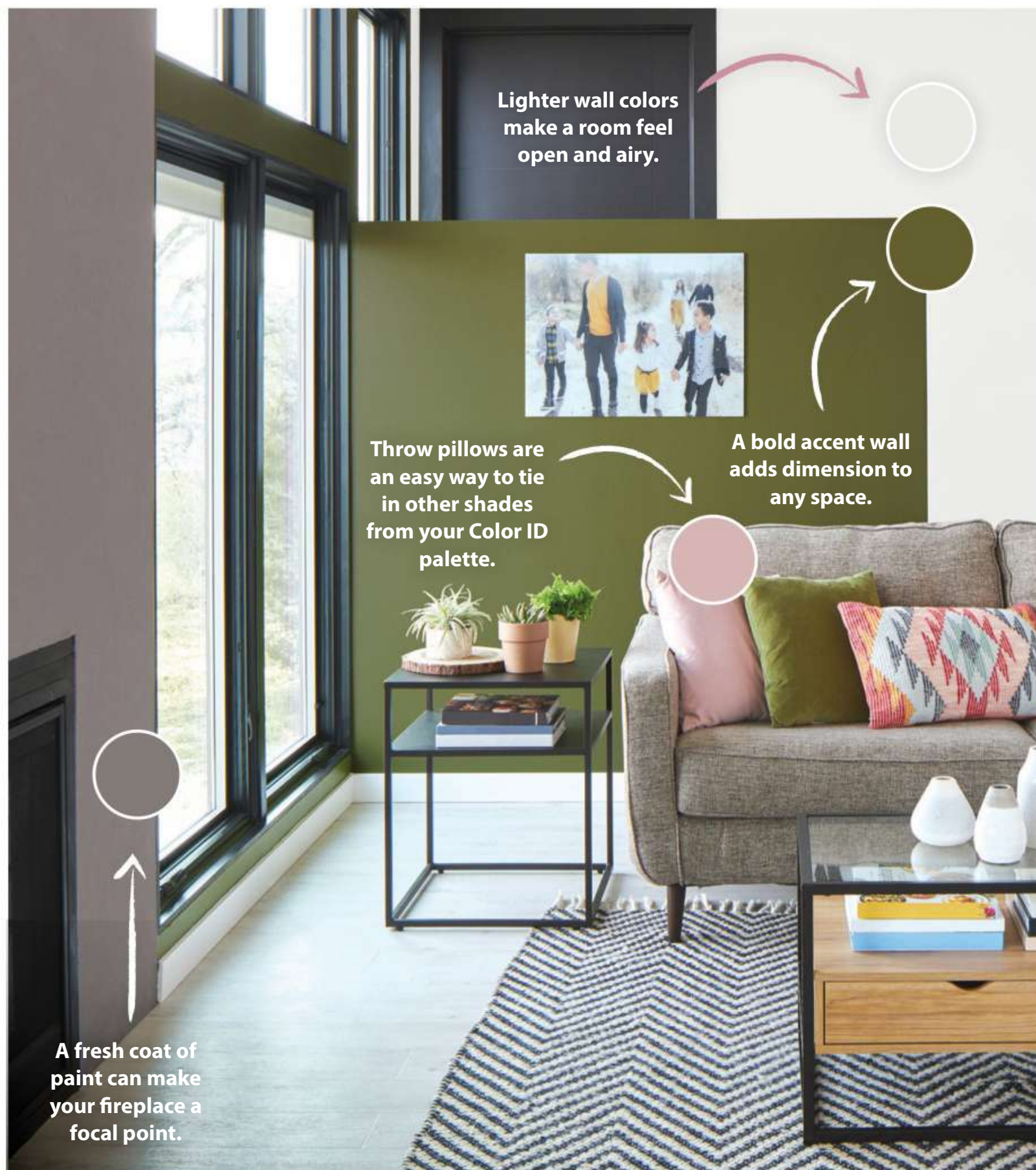
LIFE MADE EASIER

A Colorful Life



**Bright Ideas for
DIY Bouquets,
Picking a Paint,
Easy Appetizers &
So Much More!**

JUNE 2021



Cecilia's Trendsetter palette picks



SHERWIN-WILLIAMS
COLORSNAP® | COLOR ID

PALETTE *er ection*

with **Cecilia Moyer**

See how this Iowa-based blogger and content creator transformed her living room using the ColorSnap® Color ID Trendsetter palette from Sherwin-Williams, and learn how you can make any space your own.

Taking the Color ID Quiz

As a blogger and content creator, I'm passionate about sharing simple DIY projects. When I wanted to add some color to my living room, I turned to the Color ID quiz from Sherwin-Williams for inspiration. The design questions were fun and easy to answer! I was matched with the Trendsetter palette which is so accurate since I'm not afraid to push decorating boundaries.

"I had fun incorporating the colors from the Trendsetter palette! It was easy because all 16 shades can be mixed and matched together."

- Cecilia Moyer

Designing My Living Room

I chose the shade Saguaro for the dividing wall, and Pure White for the adjacent wall. Pure White really helps Saguaro stand out, which is the look I wanted to achieve. The room came together beautifully!

WHAT'S
YOUR
COLOR ID?

Visit [swcolorid.com](https://www.swcolorid.com)
to take the quiz
and discover your
perfect palette.



THE PATH TO YOUR PERSONAL PALETTE STARTS HERE



Our Color ID palettes are thoughtfully curated for your unique personality. Exclusively at your local Sherwin-Williams store.



The Trendsetter Palette

Decorate for a Celebration

PREP FOR A DUAL FATHER'S DAY-MEETS-GRADUATION GET-TOGETHER, AND FIND OUT HOW COMMAND™ BRAND CAN HELP YOU ADD FESTIVE TOUCHES YOUR FAMILY WON'T FORGET.

TRY THESE DIY PROJECTS

1

DISPLAY PERSONALIZED BANNERS

Use **Command® Adjustables™ Quartz ½ lb. Hooks** to hang celebratory banners for both guests of honor.



INCLUDE A FOCAL POINT

Mount a framed family photo with help from **Command™ Picture Hanging Strips**. It will make for a special centerpiece.

2



3

TURN MEMORIES INTO DÉCOR

Create a memory wall by displaying sweet mementos, like photos of dad and grad, postcards from family trips, and ribbons from school sports, with **Command™ Adjustables™ Spring Clips**.



Scan the code with your phone for step-by-step project instructions and visit command.com for helpful products that can be applied easily and removed damage-free.

A COLORFUL LIFE

JUNE



“Enrich your palette. Expand the canvas.
There’s always so much more to learn.”

MARTIN SCORSESE, *A PERSONAL JOURNEY WITH MARTIN SCORSESE
THROUGH AMERICAN MOVIES*

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LIMITED EDITION ART PRINTS,
SOURCED FROM
INDEPENDENT ARTISTS.

minted.

©Minted, 2021 ART SHOWN: "Through My Window I" & "Through My Window II" by Pati Cascino. 44" x 60", printed on canvas with a premium ash wood frame.



Minted is a marketplace of the world's best independent artists, where you'll find a curated assortment of limited edition fine art (with free shipping, both ways) and home decor. And, a portion of every purchase goes back to the artist—empowering them to follow their creative passions.

[MINTED.COM/ART](https://www.minted.com/art)

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Included

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Pinch salt, not yourself.

No, it's not a dream. It's a beautiful, sustainable and affordable quality kitchen. We even have a team of professionals to help you every step of the way, from measurement to planning to installation – even financing options. Oh, and did we mention it has a 25-year warranty? On second thought, maybe you do need that pinch.

Learn more at [IKEA-USA.com/Kitchens](https://www.IKEA-USA.com/Kitchens)

What's included in the price? The kitchen price includes cabinets, fronts, hinges, cover panels, deco strips/moldings, legs and toekicks. All kitchens also include soft-closing hinges. Your choice of appliances, lighting, knobs/handles, sinks, faucets, countertops and interior accessories are sold separately.



EDITOR'S NOTE

He Promised to Love, Honor, and Respect... His Wife's Color Choices



I T WAS A TUESDAY. In April. One of those warm, sunny spring days that make a man...buy a different house paint color than the one he and his wife had decided on.

Steve and I had been living in our forever home for three years, and the time had come to paint the exterior. It was something I'd been looking forward to, considering the booger-green hue was the only thing I didn't like about our home when we bought it.

Knowing you should only paint a house in our area every seven or so years, Steve and I had not made the color decision lightly.

I had driven, jogged, and walked around our neighborhood, coming to appreciate a pale-yellow-with-white-trim combo that looked lovely against

the summer trees and projected a patient hope in the gray days of March. In April, the dogwoods would bloom in front of this ever-so-light butter yellow and lift my heart.

I'd just renovated our kitchen, and I was well schooled that white is not white and yellow is not yellow. So intimidated was I by the stacks of paint cards that I hired my interior designer to consult on our color choices.

Paint chips were mailed back and forth. Yellows were discussed at length, held up against the whites, looked at outside to see how they fared in the harsh light of morning and the warm glow of dusk. Steve was brought outside to agree.

We hired painters, and on the day the stripping was finished and the colors were to be applied, Steve drove to the Home Depot with the exact names, numbers, and paint chips. I left for work and suggested he bring Lori, our babysitter, along for the ride.

What happened at the paint counter shall remain a puzzle never to be solved. Someone—Steve? Lori? The paint-mixing specialist?—looked at the chosen yellow-and-white combo and suggested that the contrast was too subtle. The yellow was so light that it was almost white, and certainly this would not look good. The three of them—a group that did not include me

or the designer I'd hired—made a game-time decision that a brighter, “more lemony” yellow would be preferable. Thirty gallons of the lemon choice were mixed, shaken, and purchased.

I did not cry when I arrived home to find the painting in progress. I did not yell. I did not call a divorce attorney. I looked at Lori's and Steve's beaming faces (they had saved the day, you see) and I did the math. It wasn't the cost of buying the right paint that stopped me from doing anything other than smile. It was the price of having Steve and Lori know the depth of my anger, and my dislike for the lemon they'd chosen—when they were standing there anticipating how happy they'd made me.

“It's just a little sunnier, brighter. Better, don't you think?” Steve asked, Lori grinning, the painters watching me expectantly, their supervisor lifting his eyes (but not his head) from his phone.

I decided in that moment to not hate the yellow. In a show of emotional maturity I'd never managed before—and haven't mustered since—I smiled, breathed in deeply, and said, “It's lovely.”



LET'S CONNECT!
Follow me on Instagram
at [@LizVaccariello](#).

xo y.

WARDROBE STYLING BY JEN SMITH FOR ELYSE CONNOLLY INC.; HAIRSTYLING BY RHEANNA WHITE FOR TRACEY MATTINGLY; MAKEUP BY LINDSEY WILLIAMS; PROP STYLING BY JOJO LI FOR HELLO ARTISTS

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"The reddish orange of a mango. We had a mango tree in our yard, and every Saturday during prime season, we'd pick the ripest ones."



"Mustard and avocado, the kitchens of my '70s childhood."



"The cerulean blue of the community pool where I spent most afternoons training as a competitive swimmer. The smell of chlorine makes me feel at home."



"Bubble gum pink. My family called me the Pink Princess almost exclusively from ages 4 to 7. My favorite items from my wardrobe were a Pepto Bismol poncho, magenta clogs, and a candy-colored, disco ball swimsuit."

REAL SIMPLE

What color reminds you of childhood?

Liz Vaccariello
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"Green. I grew up in the country!"



"1970s orange—couches, dining room set, kitchen curtains, tablecloth. Mom was obsessed with orange and white lacquered furniture."

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BEHIND
OVER A
MILLION
GERMS.**

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99%
OF THEM***

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STRONG**



*Germes that cause bad breath and early gum disease. Use as directed.
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REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day

ON THE WEB

Dozens of Gifts Dads Will Love

This Father's Day, skip the socks and give him a present that celebrates him and all his hobbies—cooking and craft beer included. Get something perfect at realsimple.com/dad.



BEHIND THE SCENES

Calvert Crary

EXECUTIVE
DIRECTOR OF
FLOWERSCHOOL
@flowerschoolny

Favorite summer bloom:

Queen Anne's lace is so wild and abundant and can take many forms.

Cocktail of choice:

Anything spicy made with mezcal.

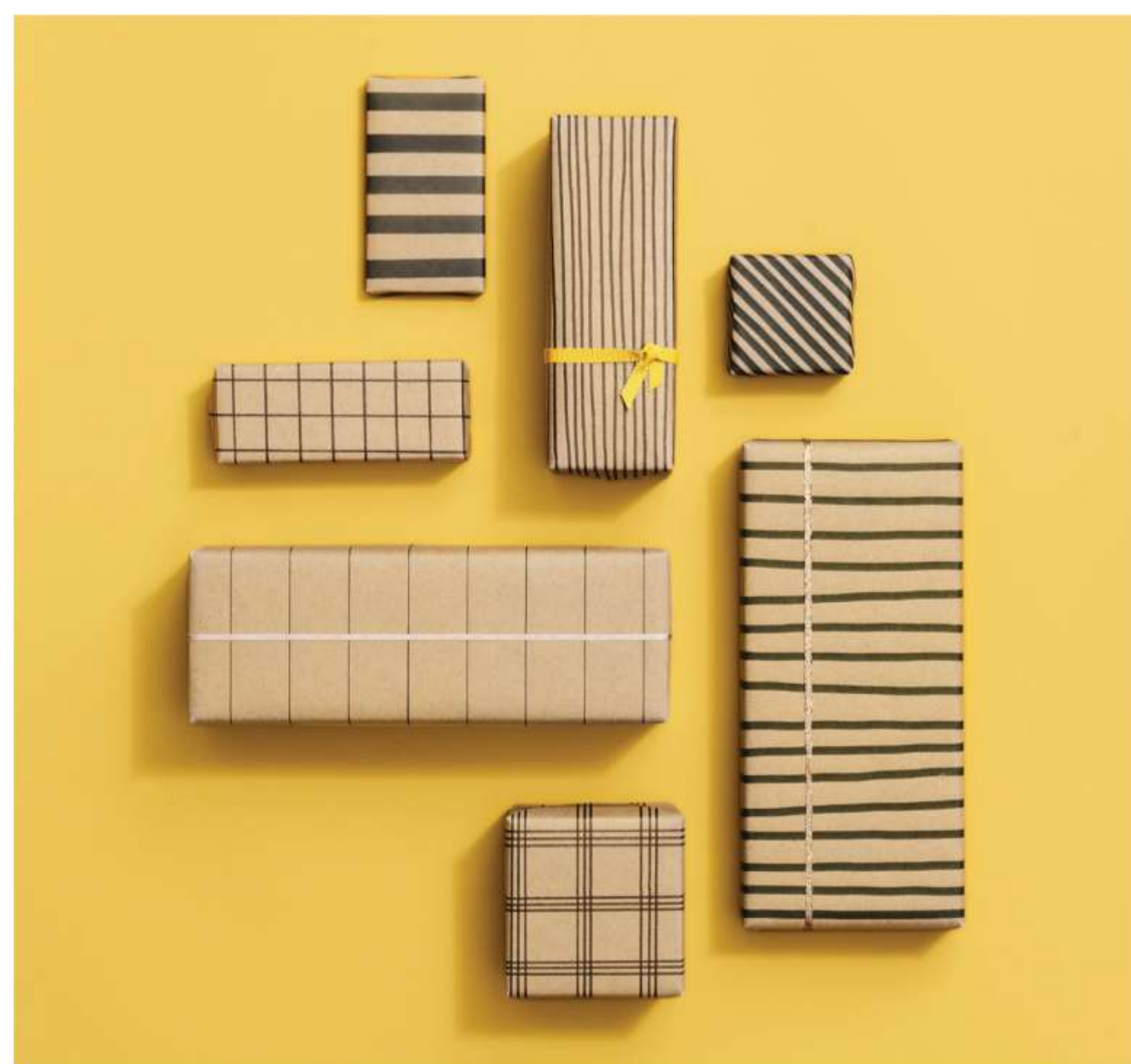
Currently reading:

The Collected Short Stories of Roald Dahl.

Looking forward to:

Socializing, live music, and connecting with people in person.

Go to page 59 to read Calvert's article on how to buy the best blossoms.



IN THE KITCHEN

21 Tasty Meal Deliveries

Forget the grocery run. These meal delivery services ship mix-and-make dinner fixings directly to your door. Our testers name their faves at realsimple.com/homecooking.



ON QVC

REAL SIMPLE Handbags

We're launching a line of bags and totes with organizing solutions built right in! Available exclusively on QVC.



IN YOUR HOME

Hard-to-Kill Indoor Plants

It doesn't get more low-maintenance than these fuss-free picks. Wannabe plant parents without a green thumb can check out realsimple.com/indoorplants.



IN YOUR WALLET

Spark Grill

Get \$100 off the Spark grill on page 30 by holding your phone's camera over the code below. Offer valid 5/18/2021 to 6/11/2021.





“When
my mom
was diagnosed with cancer,
I wanted her
to have access to
the best
treatments
available.”

SONEQUA MARTIN-GREEN
Stand Up To Cancer Ambassador

Photos By
MATT SAYLES

THAT'S WHY I'M SO PASSIONATE ABOUT EXPANDING AWARENESS OF CLINICAL TRIALS

You want the best treatments for your loved ones. My mom's cancer was treated using a therapy made possible by clinical trials. I want all people diagnosed with cancer to have access to the treatments that will make them long-term survivors, like my mom.

Cancer clinical trials may be the right option for you or a loved one. The more information you have about clinical trials, the more empowered you will be to seek out your best treatments.

Learn more at StandUpToCancer.org/ClinicalTrials



Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

YOUR WORDS

What Object in Your Home Have You Been Surprised to Love More and More Over the Years?

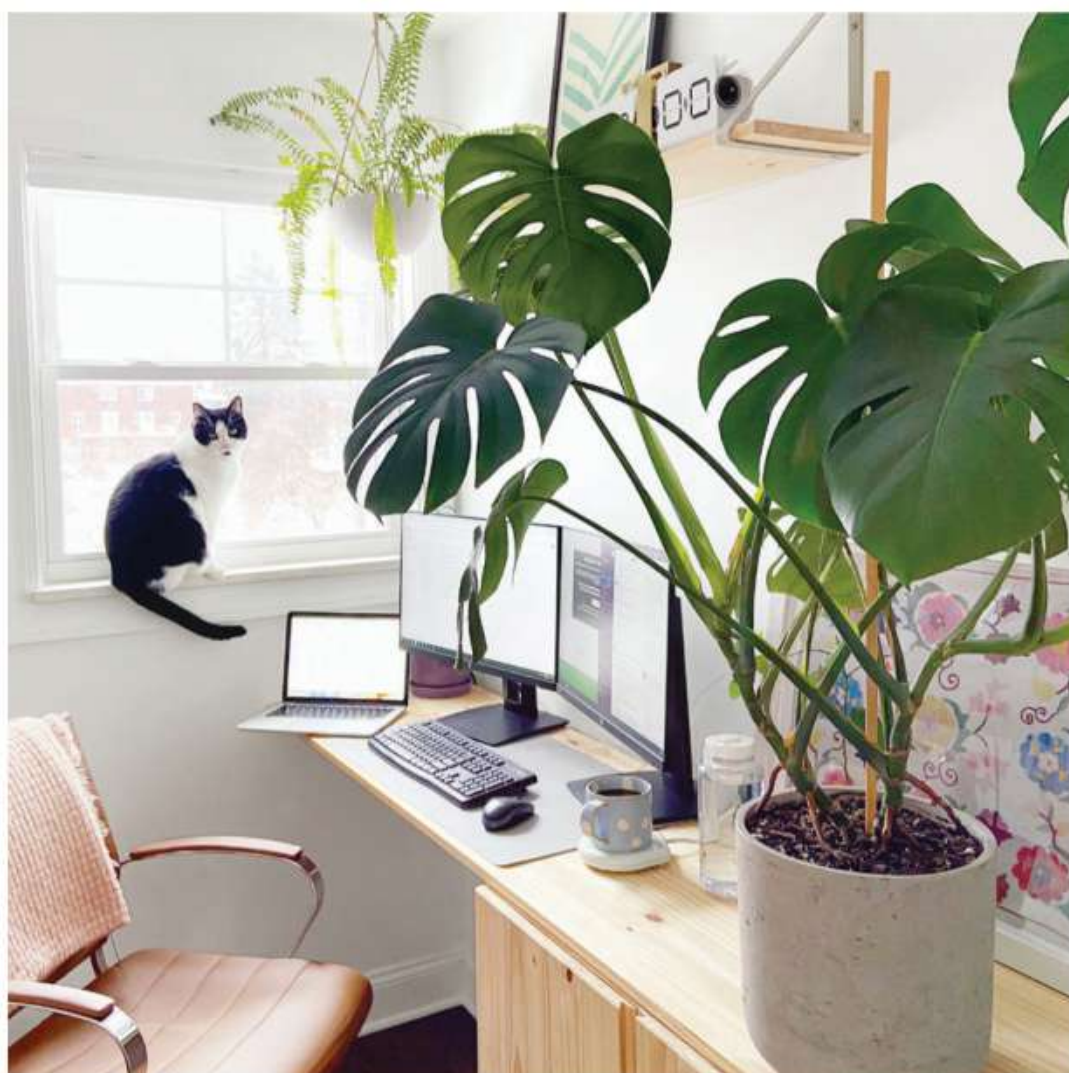
**My houseplants.
They add life,
beauty, and
health to my
environment.**

JUNE DAVIDSON, MILFORD, OHIO

#RSLOVE

My treadmill! It's nice to move my body throughout the day and take a break from my office chair.

@SAWISSINGER



For sharing this photo with us, @sawissinger will receive our new special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

My clothes steamer.

I've always hated ironing, and my steamer is so easy to use.

@ANGIEACHILDER

**I love the English
teacup and saucer**

a close friend gave me more than 20 years ago. The set just makes my tea taste special. I'm so afraid of breaking it—but that doesn't keep me from using it.

PATRICIA NUZZI,
QUEENS, NEW YORK

The Roomba!

@VIVIAN
VEGABOLANOS

A bottle of nutmeg

has been with me for probably 25 years, a stowaway during each move. I've kept it because the label reminds me of the bottles of herbs and spices from my nana's kitchen, one of my favorite places as a child. (And no, I don't use it in recipes anymore.)

SARA SWEET,
OKLAHOMA CITY

Rubbing alcohol.

It is my go-to for getting evil stains out.

@SHANNON
SCUREMAN

**The Block button
on my cell.**

@STEPHCR8SART

The orange apron

my daughter got for me when she studied abroad in France. She has since graduated and moved to Boston, but when I wear it, I feel like she's cooking with me.

KATHY MORGAN,
HERSHEY,
PENNSYLVANIA

The basement

fridge. He's old, but that guy keeps on truckin'. He ain't fancy or even all that clean, but he holds the extras until I can get to them.

@TUCKERPUGMOM

I absolutely love my deep kitchen sink. I didn't think much about it when renovating, but it has become my favorite feature by far. There's just something luxurious about it, and I love cleaning it until it shines. Funny, huh?

CATHY LABRECQUE,
PALMETTO, FLORIDA


My \$9 milk frother. It languished in the drawer for years—but now it's Covid cappuccino, baby!

 @RAEPADULO

My laundry chute. I never realized how much it would come in handy when I moved in. I don't think I could live without it.

BETHANY MILLER,
TOLEDO, OHIO

It's not sexy, but I have to say kitchen scissors.

 @EVALOVESLILIES

Our king-size bed. We had a queen for years, and there's no comparison.

BECKY McKINNON,
DURHAM, NORTH CAROLINA

I inherited a cordless Dyson that I kept saying I didn't need. Boy, was I wrong!

 @MOLLY1078

The Mute button on my TV. I find myself enjoying silence more and more as time goes by.

DENIECE BEDNARZ,
ARLINGTON, TEXAS

My cookbook collection. Whenever I'm feeling uninspired, there's always a new, delicious recipe waiting in those beautiful pages.

 @AMYRAELLE

The cookware I scrimped and saved for during college, before I was married. That was over 35 years ago!

TERESA WALLACE,
ALTON, MISSOURI



READER OF THE MONTH

Kristi Higgs
DESIGN MANAGER
LEICESTER, ENGLAND

What object in your home have you been surprised to love more and more over the years?

Sunrise alarm clock! No more morning heart attacks when the alarm goes off in the dark.

Home is where...

My chocolate stash is hidden.

Most organized part of your life:

My wardrobe. I wear every item on rotation, from one side of the wardrobe to the other, to make sure I'm not holding on to any clothes I no longer wear. Plus, I don't waste time picking out an outfit!

Least organized part of your life:

Drawer full of wires, or cupboard full of Tupperware. They both have a mind of their own.

What's always in your car?

Coins for parking, sunglasses—and a picnic mat, because you never know.

Who makes you laugh the most?

Me! You have to be able to laugh at yourself in this life, and make other people laugh too.

NEXT QUESTION

Name something you splurged on that you never regretted. Send an email to yourwords@realsimple.com and let us know your answer to this question. Your response could appear on these pages.



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DELIGHTS

WE'RE LOVING

Afternoon Art Break

Focus on something other
than your to-do list. Treat yourself
to a creative pause
with these crafty supplies.

BY CAT DASH

STAMPING GROUND
An L.A. company known
for its graphic block-
printed textiles now sells
a kit with everything
you need—carved blocks,
ink, paper—to DIY the
signature style. **TO BUY:**
Block Printing Kit, \$84;
blockshoptextiles.com.

**1 PAINTERLY POUCH**

Keep brushes and pencils in this fabric roll that makes it so easy to set up on the patio for plein air painting. **TO BUY:** Case for Making x Gravel & Gold Brush Roll, \$66; caseformaking.com.

2 RAINBOW IN THE ROUND

The 21 watercolors are *almost* too pretty to paint with. But you'll get over it when you realize how relaxing it is to swirl the pigments. **TO BUY:** Watercolors, \$35; fredericksandmae.com.

3 CUT AND PASTE

You'll have plenty of collage material to work with thanks to the 1,500-plus images in this compilation. **TO BUY:** *Extraordinary Things to Cut Out and Collage* by Maria Rivans, \$20; store.moma.org.

4 SEW PRETTY

Learn the art of sashiko—a Japanese stitching technique—as you create a set of linen coasters. **TO BUY:** Sashiko Coaster Kit, \$28; wegathergoods.com.

5 WORK IN PROGRESS

Let your creativity run wild in these notebooks. The covers feature color inspiration by artist John Derian. **TO BUY:** Color Studies Notebooks, \$15 for 3; johnderian.com.

6 MODERN ART

These shapely crayons are objets on their own. Leave them on display when you're not scribbling. **TO BUY:** Doodle Crayon Bundle, \$31.50 for 5; areaware.com.

7 TO DYE FOR

Just add water to the pre-loaded bottles and you're ready to start tie-dyeing. Groovy! **TO BUY:** Mondo Llama Give It a Swirl Tie Dye Kit, \$10; target.com.

8 QUICK CHANGE

The handle on this ingenious brush doubles as a cap for compact, mess-free portability. **TO BUY:** Matte Gold Travel Brush, from \$16; caseformaking.com.

PROMOTION

How do you keep it simple?

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and share your opinions with our editors,
try new products, go to exclusive events
and receive special offers.

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SCAN AND JOIN

The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Coming-of-Age Novel

Caroline Nolan grew up committed to a life of faith, as expected by her father, a famous pastor of an evangelical mega-church. But soon before she leaves home for college, and when her older sister's wedding is just weeks away, a scandal involving her dad shakes the community, causing her and her sister to question everything. *God Spare the Girls* by Kelsey McKinney is a fascinating look at the moment in a young woman's life when she starts to forge an identity separate from her family's.

Charming Rom-Com

Bookish homebody Alex and free-spirited globe-trotter Poppy took summer vacations together for a decade. But two years ago, something happened on that trip, and the friends haven't spoken since. Poppy can't stop thinking about him, so she convinces Alex to go on one last getaway, her final shot to fix everything. *People We Meet on Vacation* by Emily Henry is a delightful love story full of hilarious one-liners and winking asides, making it the perfect poolside companion.

Moving Memoir

In *Somebody's Daughter*, Ashley C. Ford recounts growing up captivated by hazy memories of her incarcerated father; she believes she'll finally feel whole when they eventually reunite. But after the reason he was imprisoned comes to light, her self-discovery truly begins. This is a deeply honest story about how she reckoned with her family's past, and how her fraught history informed her future.

Thought-Provoking Read

In Lionel Shriver's new novel, *Should We Stay or Should We Go*, Kay and Cyril, a 50-something married couple, decide that instead of risking the age-related decline that could be devastating for themselves and their loved ones, they'll die by suicide together when they both turn 80. The author then gives us a dozen possible outcomes—some poignant, some funny, some gutting—each of which asks interesting questions about aging, longevity, and living well.

Sweeping Story

Two ambitious women—a daredevil aviator raised in Prohibition-era Montana and the actor cast to play her in a Hollywood film nearly a century later—are the focus of *Great Circle*, the compelling new novel by Maggie Shipstead. With an unforgettable plot that zigzags around the globe and across time, this epic tale is a storytelling marvel, the kind of crowd-pleaser your book club will devour.



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1

TIDIER DROP CLOTHS

These leakproof 2½-by-3-foot sheets are slip resistant and ideal for tight spaces, like bathrooms and hallways, and tricky spots, like corners. **TO BUY:** Drop Cloth Pads, \$8 for 3; frogtape.com.



2

GRILL AFTER DARK

The built-in flashlight illuminates dark areas of the grill, and the temperature readout is big and bright. **TO BUY:** Taylor LED Digital Folding Probe Thermometer, \$25; surlatable.com.



3

SQUISHY SOAP

Kids (and adults) will want to wash their hands all the time with these irresistible spheres that go “splat!” when squeezed. **TO BUY:** SplatZ Naturally Fun Hand Soap, \$14; onefun.com.

**Clever Items
Little Helpers
to Make
Your Life Easier**

BY BRANDI BROXSON

Say goodbye to
chocolate squares
that never melt!



4

**S'MORES IN
FEWER STEPS**

These marshmallows have a chocolate core that gets all melty over a campfire. Just add graham crackers. **TO BUY:** Classic Milk Chocolate, \$5; stuffedpuffs.com.



5

BRIM ME UP, SCOTTY

This cotton hat folds into a 7½-inch pouch, so you can throw it into your bag for shade on the go. A chin strap keeps it secure on windy days. **TO BUY:** Packable Sun Hat, \$34; baggu.com.



6

YES, TOUCAN!

Snip through veggies or poultry with these cute shears. A magnetic blade protector helps it perch on a fridge or knife rack. It has a bonus bottle opener too. **TO BUY:** Toucan Kitchen Shears, \$11.25; kikkerland.com.

They look ferocious,
but inside they're just
chicken raised with
no antibiotics ever.



Keep it real.
Keep it Tyson.



Look for **NO ANTIBIOTICS EVER!** on pack



SPACE OF THE MONTH

A Fresh and Friendly Entryway

This spot blooms with welcoming vibes for family members and guests alike.

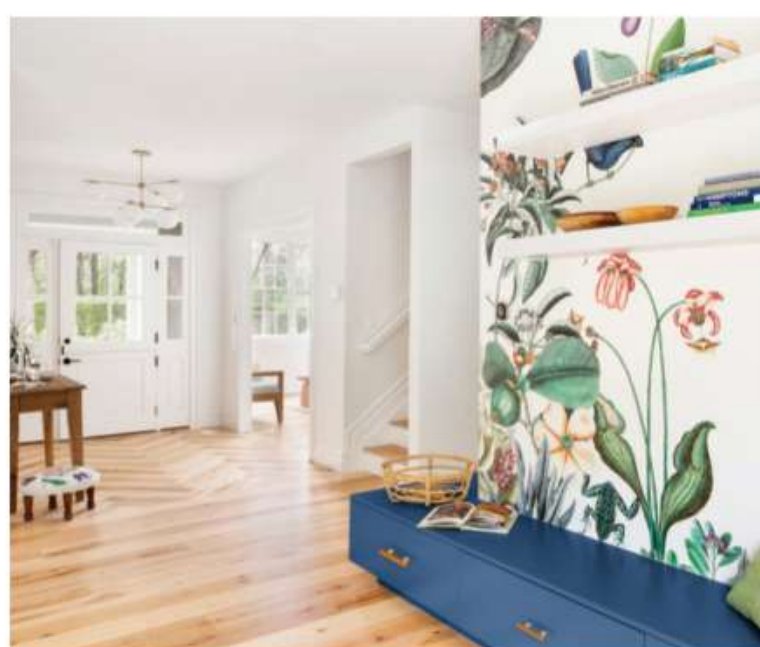
BY STEPHANIE SISCO





Meet the Designer JENNIFER HALLOCK

An artist and interior decorator, Jennifer created this bright, botanical space in Southampton, New York, to address her clients' need for practical storage right inside the door. In an open floor plan, it can be a challenge to define zones, so she used floral wallpaper and a rich blue cabinet to demarcate a landing spot for people to put down their bags and kick off their shoes. (If you have a no-shoes policy indoors, it really helps to have a place to sit and easily remove them.)



The wallpaper's white background ties into the surrounding white walls.



Identify a shade from your wallpaper and use it to paint a piece of furniture.

Get the Look

MAKE A STATEMENT

The rest of the downstairs is painted bright white to make it feel expansive, but this recessed wall was crying out for a large-scale wallpaper to greet the homeowners and their guests.

SIT AND STORE

The built-in seating is ideal for putting on and taking off shoes, which are stashed in the big, deep drawers. You can re-create the look with decorative bins beneath a painted bench.

SHELF HELP

Floating shelves are a great way to add depth and character to your entryway, Jennifer says, and decorative bowls will catch keys and loose change and still look neat. There's a coat closet near this bench, but you could add hooks to the wall if you need a spot to hang jackets and totes.

TO BUY: Wildflowers Wall Mural, \$300 (64 sq. ft.); society6.com. Cherry Double Bud Vases, \$60 each; melanieabrantesshop. Charlotte Velvet Pillow in Moss, \$89; luluandgeorgia.com. Savrin Rattan Fruit Basket, \$30; crateandbarrel.com. White Pine Floating Decorative Wall Shelves, from \$52 for 2; homedepot.com. Paint: Hudson Bay 1680; benjaminmoore.com for info. 3-Pack Wooden Bowls, \$18; hm.com.

GENIUS BEAUTY

Lasting Liner

Plus seven other beauty buys
to simplify your routine

BY HEATHER MUIR MAFFEI

**KULFI BEAUTY
UNDERLINED KAJAL
EYELINER**

Created by South Asian women, these intensely pigmented colors (blue, black, brown, terra-cotta, and purple) pop on dark skin tones. Aloe vera and vitamin E give the pencil a smooth glide—with results that impressively stay put until you wash your face. **TO BUY:** \$20 each; kulfibeauty.com.



PROP STYLING BY STEPHANIE YEH

1 COOL SPF TOOL

Bare Republic Mineral Sunscreen Baby SoftStick SPF 50

This was made for babies, but its squishy sponge-tip applicator spreads SPF so nicely, the whole family will reach for it. **TO BUY:** \$13; target.com.



2 CLEVER CLIPPERS

Kikkerland Magnifying Nail Clippers

No need to grab your readers when prepping for sandal season! The mini magnifying glass lets you be super precise with your snipping.

TO BUY: \$9; kikkerland.com.



3 MULTITASKING MAKEUP

Clinique Even Better Clinical Serum Foundation Broad Spectrum SPF 25

In 42 shades, this medium-to-full-coverage base hides dark spots and helps fade them. **TO BUY:** \$42; clinique.com.

4 A BETTER BRONZE

James Read Express Glow20 Facial Tan Serum

Customize your color with this clear, mess-free formula. Wash it off after 20, 60, or 90 minutes, depending on the glow you're going for. **TO BUY:** \$32.50; revolve.com.



5 THINNING-HAIR HELPER

Living Proof Scalp Care Revitalizing Treatment

The spiked dispenser massages follicle-strengthening peptides into your roots for fuller-looking hair.

TO BUY: \$32; sephora.com.



6 PIMPLE-CLEARING PRIMER

Loum Balance & Prime Gel Moisturizer

Makeup stays and stays, and the one-two punch of salicylic and glycolic acids treats zits all day long.

TO BUY: \$68; loumbeauty.com.



7 EYE OPENER

Fenty Skin Flash Nap Instant Revival Eye Gel-Cream + Eye Massage Tool

This tiny tube grants all your eye wishes: It primes skin for concealer, depuffs bags, brightens circles, and smooths lines.

TO BUY: \$42; sephora.com.



The stainless-steel roller tip always feels cool—no fridge required.

KITCHEN HERO

RASPBERRY JAM

We'd love this tangy spread even if all it did was perk up toast and complement peanut butter. But happily, the little red jar is a culinary overachiever, delivering a pop of flavor to both sweet and—yes!—savory dishes.

Use the jam (sometimes called preserves) to brighten a glaze for grilled pork or make a delicious no-cook filling for crumb bars. On the breakfast front, it adds a mellow fruitiness to waffle batter and, when gently warmed, serves as a luscious (dare we say superior?) stand-in for maple syrup.



Quick Ideas

RASPBERRY-GLAZED PORK

Sprinkle 1 lb. pork tenderloin with 1 tsp. black pepper and $\frac{3}{4}$ tsp. kosher salt. Whisk $\frac{1}{2}$ cup seedless raspberry jam, 1 Tbsp. maple syrup, $1\frac{1}{2}$ tsp. red wine vinegar, and 1 tsp. Worcestershire sauce; reserve $\frac{1}{4}$ cup. Grill pork over medium, covered, turning and brushing with raspberry glaze occasionally, until internal temperature registers 140°F , 14 to 16 minutes. Let rest for 10 minutes. Serve with reserved glaze.

RASPBERRY CRUMB BARS

Process 1 cup whole raw almonds and 1 cup sugar in a food processor until ground. Add 1 cup flour, $\frac{1}{2}$ cup cubed butter, and $\frac{1}{2}$ tsp. kosher salt; process until crumbly. Press $2\frac{1}{2}$ cups mixture into a parchment-lined, greased 9-in. square baking pan. Spread with 1 cup raspberry jam. Sprinkle with remaining almond mixture and $\frac{1}{4}$ cup sliced almonds. Bake at 375°F until golden, 25 to 30 minutes.

JAMMY WAFFLES

Whisk 2 eggs, $1\frac{1}{2}$ cups milk, 5 Tbsp. melted butter, $\frac{1}{4}$ cup raspberry jam, and 1 tsp. vanilla. Stir in 2 cups flour, 1 Tbsp. baking powder, and $\frac{1}{2}$ tsp. kosher salt. Cook waffles in a greased waffle iron. Heat $\frac{3}{4}$ cup raspberry jam in a saucepan over medium-low, stirring occasionally, until warm, about 5 minutes. Serve over waffles.

By Jenna Helwig

Recipes by
Marianne Williams

FOOD STYLING BY MARGARET DICKEY; PROP STYLING BY CHRISTINA DALEY

TRY TELLING OUR FARMERS IT ISN'T REAL MILK.

*Real milk with no lactose.
No artificial growth hormones.*
That's our Farmer's Pledge.*



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*No significant difference has been shown between milk derived from rbST-treated and non-rbST-treated cows.

Lactaid
100% real milk, no lactose.

WE FOUND IT!

A Goofproof BBQ

BY BRANDI BROXSON

REAL SIMPLE
Features Editor

Some of the best meals I've ever eaten have come hot off the grill of Ted Broxson, my dad. Picture gulf shrimp kebabs, tender fillets, and expertly charred veggies. But it didn't look easy. He had to tame the hulking, stainless-steel beast with coaxing whispers and patient tending. I never thought I'd be a grill master. But then I tried the Spark grill, a charcoal beauty with many features usually only found on gas versions. I don't have to mess with lighter fluid or a chimney—an electric ignition lights the charcoal, and fans stoke the flames. I don't have to guess (or hope!) that the grill is hot enough, because a temperature-control knob lets me set it from 250 to 900 degrees. A coordinating app and food probe alert me when my steak is perfectly medium-rare, so I don't have to watch it like a hawk. This year, at the Father's Day cookout, I might give Ted the night off.



The midcentury design has a small footprint—but can still cook 12 burgers at a time.

You can use briquettes or the slablike Spark Briqs (\$30 for 6; sparkgrills.com), made from hardwood charcoal.

TO BUY: Spark One Precision Charcoal Grill, \$899; sparkgrills.com (for \$100 off, turn to page 12 and use the QR code to purchase through realsimple.com).

Enjoy the backyard s'more.





MY SIMPLE REALIZATION

“I’m an Unapologetic Apologizer”

For ELIZABETH PASSARELLA, saying “I’m sorry” is a power move.

A FEW YEARS AGO, I got a forwarded email—it is now a meme, I’m sure; look it up—about how women should stop saying they’re sorry. Instead of “I’m sorry I’m late,” it instructed us to say, “Thank you for waiting for me.” Instead of “I’m sorry I’m just now getting back to you” in a work email, I should write, “Thanks for your patience while I ignored your proposal.” Or something like that. And I do understand the intention: Women too often apologize for things they shouldn’t, making themselves smaller and diminishing their worth in a way that is unnecessary and props up the patriarchy. I get it, I do. I just don’t think it’s for me. Sorry, but I really like apologizing.

Part of the reason is that I was raised in Tennessee, where good manners—being exceptionally polite, deferential to a fault, even if you don’t mean it—are expected.

If someone bumps into me, I will instinctively say, “Oh my goodness, I am so sorry!” like it was my bad. This is the type of needless apology I’m supposed to disavow, I think. But it’s a habit. And life is hard. And people need compassion. Maybe that bonus apology smooths a few bumps in the road for a stranger. I certainly don’t feel any less whole for saying it. Listen, I’m chronically late. Until I miraculously change (I probably won’t), I’m going to apologize for being late. So what if “I’m sorry” is the first thing out of my mouth to a colleague I’ve left waiting? The next thousand words can be badass.

And if I’m honest, I need the practice. I need those throwaway sorries to grease the wheels for the more important ones, which, historically, have not come easily to me. I was a bratty teenager.

I’m an argumentative spouse. On our walk to school the other day, my 8-year-old was rambling about a hypothetical situation in which a kid might need to make a hard decision on his own: “You know, if his dad was out, and his mom was mean, so she couldn’t help.” *Hypothetically*.

I’m determined for my generation to be better at apologizing to our kids than our parents were; that calls for more sorries, not fewer. On good days, I apologize for big stuff and ask for forgiveness—which feels much better than stewing in my own self-righteousness, believe me. Other days, I can only manage “Sorry I ate the last peanut butter cup.” I feel fine about it. Apologies to whoever sent me that email. ■

ELIZABETH PASSARELLA IS THE AUTHOR OF *GOOD APPLE: TALES OF A SOUTHERN EVANGELICAL IN NEW YORK*. SHE LIVES IN NEW YORK CITY WITH HER FAMILY.

GUIDES

GIFTS

Happy-Making Presents

Put a smile on the face of your favorite host, dad, grad, or newlywed.

BY LESLIE CORONA

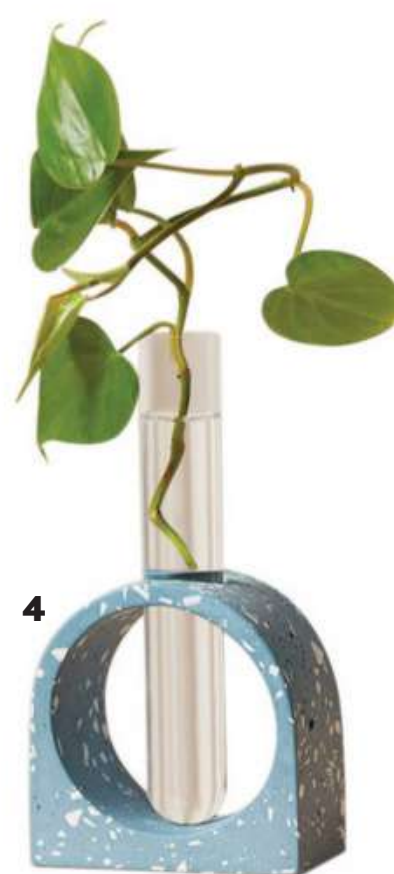
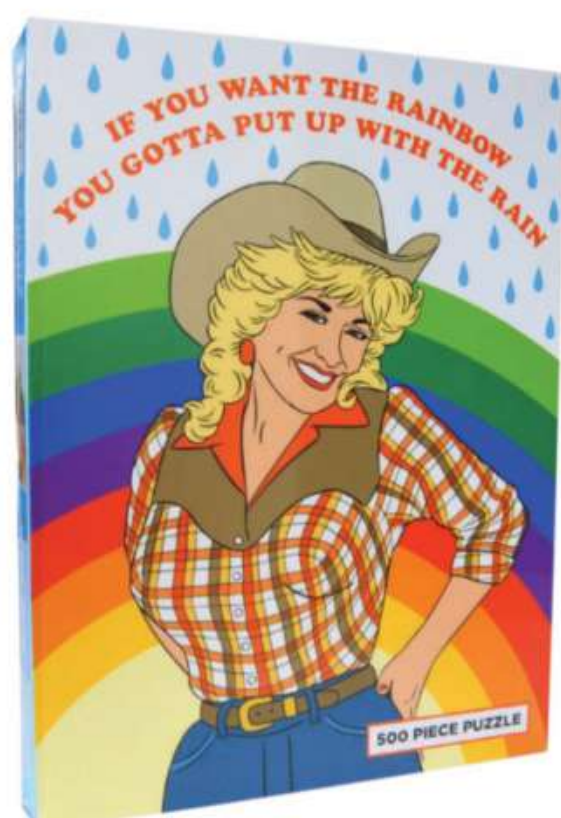
BRIGHT LIGHTS

These candy-colored candles don't require holders and are no-drip—a huge perk for the entertainer *and* their table. **TO BUY:** Cone Candles, \$20 for 2; store.moma.org.

For the Hosts



Hang a few of these stoneware strands for ambient music worthy of a spa.



1 MODERN WIND CHIME

As the warm breeze moves the clay disks, they create a soundtrack of summer.

TO BUY: Ceramic Chimes, from \$36; fettleandfire.com.

2 SOOTHING SOAPS

Send a set of small-batch soaps crafted with plant-based oils and scented with lavender, lemon, and more. **TO BUY:** Favorites Box Set, \$36 for 4; thegirlinthegarden.com.

3 DOLLY PUZZLE

After working 9 to 5, they can kick back and assemble a depiction of the beloved American icon. **TO BUY:** Dolly Parton 500 Piece Puzzle, \$24; nathanandco.com.

4 A NEW LEAF

Give this propagation kit to the plant whisperer who you're convinced can grow a forest from a blade of grass. **TO BUY:** Arch Propagation Kit, \$35; bloomscape.com.

5 STAND-UP ACT

You'll be known as the hero who took Taco Tuesday to new heights with this clever server. **TO BUY:** Bamboo Taco Tray, \$22; greatusefulstuff.com.

6 GIFT THAT KEEPS GIVING

Forgo the flowers and offer something that can literally bear fruit—olives, mangoes, or avocados—by next summer. **TO BUY:** Fruit Tree, from \$50; plantogram.com.

7 POUR FAVOR

A serious upgrade from a plastic juice jug, this serves up sangria in summer and hot cider all fall. **TO BUY:** Clara Glass Jug, from \$40; chizu.store.com.

8 UPSCALE SET

Stacked, they're a cool fish sculpture. Loose, they're pretty cups for the bar cart. **TO BUY:** Koi Stacking Glasses, \$55; blueribbongeneralstore.com.

For the Dads

1 ON LOCATION

Film buffs and design experts can ogle over 200 real-life structures that seem straight out of a Wes Anderson movie. **TO BUY:** *Accidentally Wes Anderson*, \$35; blueribbongeneralstore.com.

2 LIQUID ASSET

A cold beer in a hot shower is what a weekend warrior needs. This holder suctions to tile for next-level relaxation. **TO BUY:** Shower Drink Holder, \$15; bespokepost.com.

3 SLIDE SHOW

Adjustable slip-ons have impact-absorbing foam for the sole (and are machine washable, for the nose). **TO BUY:** OOahh Sport Flex Sandal, \$80; oofos.com.

4 POINT TAKEN

For the dad who's notorious for misplacing, well, everything, this creates a dedicated drop spot. **TO BUY:** Find Me Arrow, \$10; kikkerland.com.

5 VEGGED-UP MEAT

Pops will want seconds of these veggie-packed links, in flavors like Chicken Parm and Loaded Baked Potato. **TO BUY:** Sausages, \$57 for 16; eatseemore.com.

6 A FINE PRINT

If he's outdoorsy and designy, get him a minimalist print honoring his favorite national park. **TO BUY:** Travel Poster by Granite Press, from \$35; granitepress.etsy.com.

7 SORE WINNER

After a hard workout, this massager will work even harder to relieve tense muscles. **TO BUY:** NordicTrack Personal Massage Gun, \$100; kohls.com.

8 HOT WHEELS

When he gets home from off-roading, this stylish "sock" will keep his bike from tracking dirt everywhere. **TO BUY:** Indoor Bike Cover, \$70; velosock.com.



1

These spots only look like dollhouses—they're actually life-size.



2



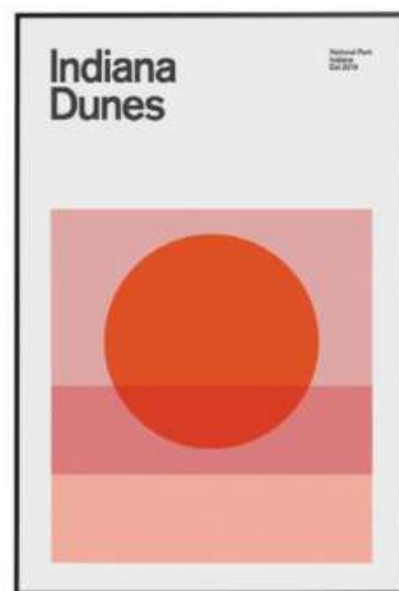
3



4



5



6



GIVE AN EXPERIENCE

Send Dad skiing or rock climbing through 57hours, a platform that connects activity guides all over the world with adventure seekers.



7



8

For the Grads



1 IN STITCHES
A little cross-stitch kit makes it “dorm sweet dorm” and will chase away the homesick blues. **TO BUY:** Alphabet Stitch Kit by Cotton Clara, \$35; letterfolk.com.

2 TINY VACUUM
With three nozzle options, this petite powerhouse suctions up crumbs from a keyboard and reaches under a bed. **TO BUY:** Rechargeable Mini Vacuum, \$149; store.moma.org.

3 SLEEK KNAPSACK
When rolled up, this lightweight book bag is smaller than the burrito your kid wolfed down for lunch. **TO BUY:** Lightpack, \$55; someonesomewhere.com.

4 HOUSE PLANS
Fledglings stepping out into the real world—and their own spaces—will appreciate the many tips for setting up a stylish home. **TO BUY:** *How to Make a House a Home* by Ariel Kaye, \$23; penguinrandomhouse.com.

5 SHARE THE TEA
Welcome them to adulthood with the grown-up flavor of chai. **TO BUY:** Soul Chai Powder, from \$17.50; shopyowie.com.

6 ON THE CLOCK
They’ll look professional their first day on the job with a dainty smartwatch. It delivers health stats and displays texts. **TO BUY:** Lily Smartwatch, from \$200; garmin.com.

7 BUNDLE OF ENERGY
Good vibes only! These cushions are filled with crystals and buckwheat for calming comfort during exam week. **TO BUY:** Meditation Pillows, \$75 each; food52.com.

8 STRINGS ATTACHED
On campus, they can travel light—with just a phone—thanks to a silicone case with removable straps. **TO BUY:** Modular Silicone Case + Rope, \$69; xouxou.com.

GIVE AN EXPERIENCE
Keep their mental health from taking a backseat with Real (join-real.com), an app offering therapist-led events and one-on-one appointments for \$28 a month.

These display-worthy tins each have 50 servings of chai powder.

For the Newlyweds

1 KEEP IT 100

This scratch-off poster of must-see hits is a passion project to pursue from the sofa. (Nobody puts *Dirty Dancing* in a corner!)

TO BUY: 100 Movies to See Poster, \$20; blueribbongeneralstore.com.

2 MINI BREAKFAST

This small but mighty space saver cooks the cutest treats for brunching lovebirds. **TO BUY:** Dash Heart Mini Waffle Maker, \$10; bedbathandbeyond.com.

3 YOU NAME IT!

Celebrate their new surname with a preppy, personalized doormat. **TO BUY:** Gingham Indoor Mat, \$69; markandgraham.com.

4 CHARCUTERIE TO GO

This waxed-canvas tote carries two wine bottles and some cheeses—perfect for a romantic picnic. **TO BUY:** Insulated Double Wine & Cheese Bag, \$70; westelm.com.

5 LUXE LINEN

Honeymooners can bring along this handmade silk blankie, which packs down to almost nothing. **TO BUY:** Raw Silk Beach Throw, \$140; youreupstate.com.

6 LITTLE HOUSE

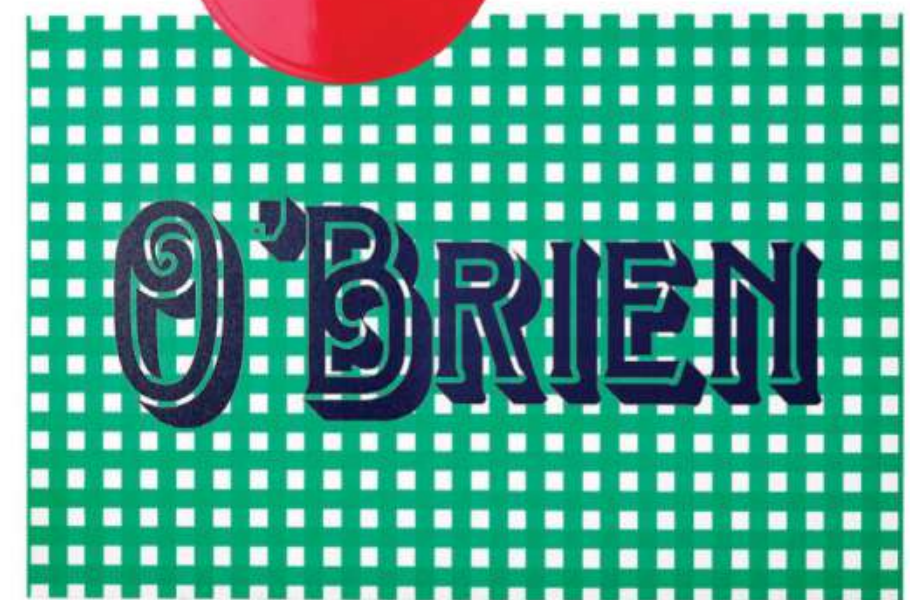
Commemorate their cohabitation with sweet leather key covers. **TO BUY:** House Key Topper, from \$12; stitchandshutter.com.

7 PRETTY PETALS

Commission paper art that recreates their wedding flowers. **TO BUY:** Personalized Bouquet Art, \$120; uncommongoods.com.

8 KISSING CUPPAS

Cheers to the couple who sip from smooching mugs every morning. **TO BUY:** The Kissing Mugs, \$65; uncommongoods.com.

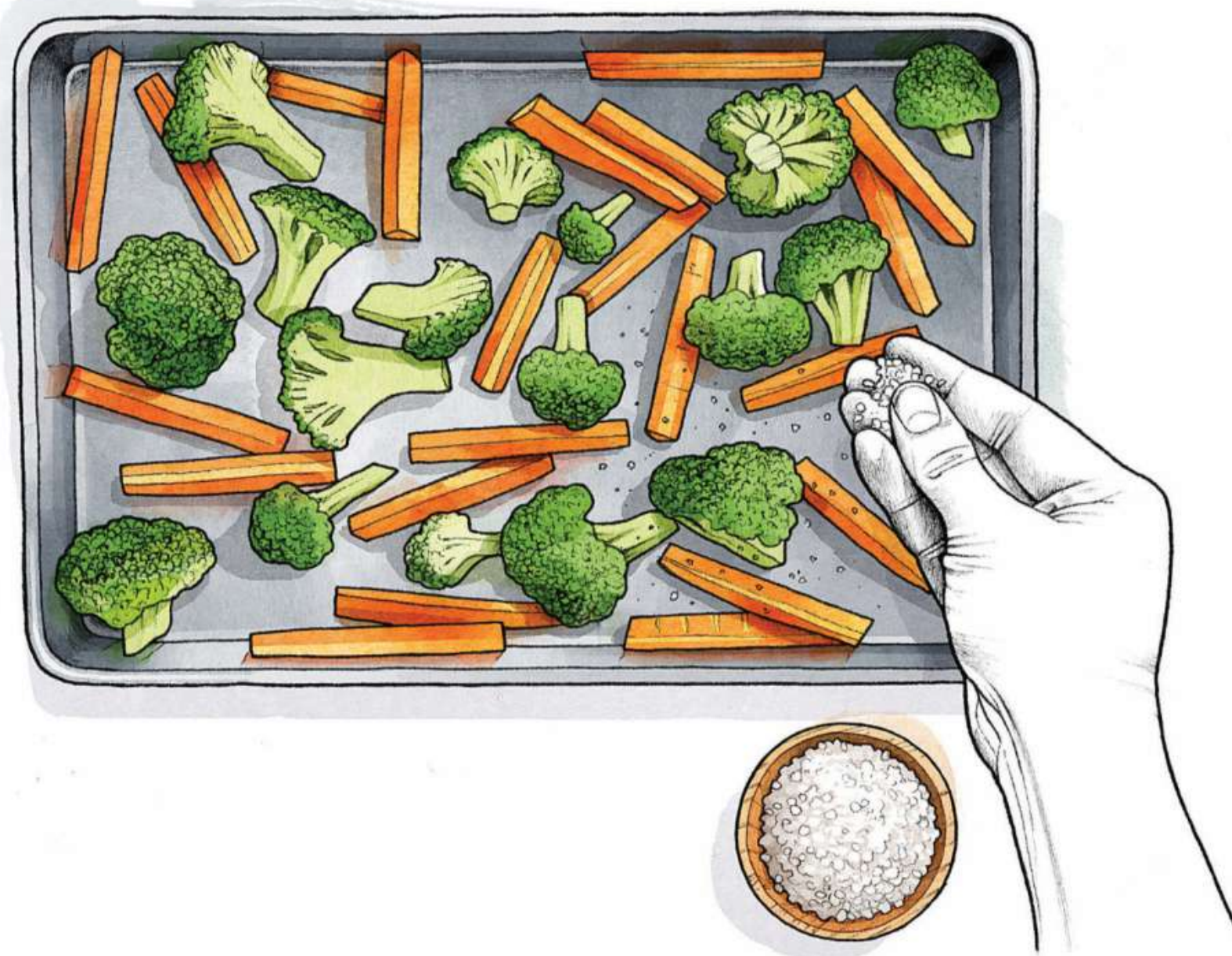


THINGS COOKS KNOW

Salty Wisdom

There are more varieties on supermarket shelves than ever before. Here's how to use the MVP NaCl to improve everything you cook and bake.

BY JENNA HELWIG



SPOTLIGHT ON SALT

In most dishes, the point of salt isn't to make food salty but to make it more like its best self. "Salt brings out flavor. Chicken tastes more delicious and tomatoes taste more like summer tomatoes. Salt also enhances sweetness and reduces bitterness," says Jill Santopietro, a cooking instructor in New York City. Getting the right balance is key: Too little salt and your food will be flat; too much and it will be unpleasantly salty. That's why professional chefs season food throughout cooking, sampling as they go. "Salt, stir, and taste until the dish sings," Santopietro says. "That's what we mean by 'salt to taste.'"

DON'T BE AFRAID

Americans tend to consume too much sodium, but if you eat mostly homemade meals, "you're likely only getting a fraction of what you'd get from packaged food or takeout," says Lauren Slayton, RD, host of the podcast *Foodtrainers*. And of course, when cooking at home, you have the flexibility to add less salt, if you prefer. Also, using a bit of salt can help people eat more vegetables: "Since it mellows bitterness, salt can make broccoli, cauliflower, and Brussels sprouts more appealing," Slayton says. She even adds a pinch to her morning coffee (instead of sugar) to tame its bitter bite.

WHAT TO STOCK

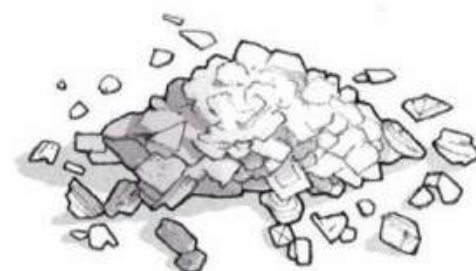
The two types of salt everyone should have on hand are kosher, to use while cooking, and a finishing salt, to sprinkle over food just before serving (for options, see “Finishing Up,” below). Ditch the shaker and keep salt in a small bowl (a.k.a. saltcellar). Place one next to the stove and one on the table. Don’t stress about sharing a tabletop cellar: Salt is an inhospitable environment for bacteria. A shaker passed from person to person is likely to be much germier.

KEEP IT KOSHER

The vast majority of professional chefs and cookbook authors prefer kosher salt to table salt. “It has a cleaner flavor than table salt, which is iodized and contains anticaking agents,” Santopietro says. “And kosher is actually less salty.” It’s also easier to wield with your fingers, thanks to its coarser texture. Just pick up a pinch or two and sprinkle it onto your food. Bear in mind, though, that two popular national brands, Diamond Crystal and Morton, are very different. “Morton is saltier by volume,” Santopietro explains. “By using Diamond Crystal, there’s less chance you’ll oversalt your food.” All of REAL SIMPLE’s recipes are developed with Diamond Crystal kosher salt. If you have Morton at home, start by using half as much as the recipe calls for.



Flaky Sea Salt



Kosher Salt



Himalayan Salt

SALT AND SWEETS

“Salt is indispensable in baking,” says Joanne Chang, owner of Flour Bakery in Boston and author of *Pastry Love*. “It brings out the aroma and floral nature of vanilla, it enhances chocolate so it’s richer and more chocolatey, and it makes lemon pastries brighter.” She uses Diamond Crystal kosher salt in her recipes, but you’ll also see flaky sea salt, like Maldon, atop many a cookie and brownie. “It adds a little crunch and a hit of salt without coming off as salty,” Chang says. “It should make you think, ‘Wow! I can’t wait to take another bite.’”

FINISHING UP

To upgrade your cooking with practically zero effort, try adding a little flaky sea salt to food just before eating. Maldon, from southeastern England, is a classic and relatively affordable choice. Pick up a few flakes with your fingers and crumble them over your dish for a pop of flavor and a subtle crunch. Other popular options include pink Himalayan salt and French fleur de sel. Just remember that these finishing salts should be used, as the name suggests, at the *end* of cooking. Measuring out a teaspoon of the pink stuff for a pasta recipe would be a waste of money.



HEALTHY AT HOME

Little Nutrition Nudges for a Big Health Boost

Upgrading your diet doesn't have to mean broccoli and lemon water all the time. These bite-size strategies yield major benefits with minimal effort.

BY BETH WEINHOUSE

MONDAY. NEXT WEEK. Next month. As the pandemic dragged on, many of us made grand plans to transform our diets, vowing to go vegan, cut out sugar, guzzle a million glasses of water a day...but it was so easy to procrastinate. Here's the thing, though: You don't need to completely overhaul your diet. All it takes to improve your health is a few simple tweaks, like the effective yet eminently doable ideas we've rounded up here. Pick one or two—or try them all—and see how small shifts lead to great things.

Veg Out at Breakfast

Most Americans don't eat the recommended two to three daily cups of vegetables, says Marisa Moore, RDN, a dietitian in Atlanta. "I like to think of suggestions that add things to your plate rather than subtract," she notes. Breakfast is a prime opportunity to sneak in more veggies. "For instance, have leftover Brussels sprouts with your eggs or add broccoli to your tofu scramble," she says. Both Brussels sprouts and broccoli are high in vitamin C, fiber, and potassium, a mineral and type of electrolyte essential to healthy muscle and nerve function.

Embrace Frozen Produce

Fresh, local fruits and vegetables are wonderful. But if they're not readily available or affordable, don't knock frozen varieties, Moore says. "In the United States, a lot of our produce is shipped all over the country from California. Every day it's out of the ground or off a tree or vine, it loses more nutrients. Frozen produce has been picked at the peak of freshness, and freezing locks those nutrients in."

MURRINDIE FREW/OFFSET

If it feels hard to make changes,
start with a smoothie. It's a simple way
to combine a lot of healthy stuff.

Mix Up Your Menu

Is oatmeal your morning go-to? Do you have a turkey sandwich on the daily? “We’re creatures of habit,” says Whitney Stuart, RDN, owner of Whitniss Nutrition. The problem, she says, is that when we eat the same things over and over again, we may miss out on other foods that contain important nutrients.

If adding new foods to your repertoire feels too daunting, try just switching up your spices. “Most people are used to adding salt and pepper as their main source of seasoning, but spices and herbs have so much flavor and benefit,” Moore says. Instead of reaching for the saltshaker, try garlic, rosemary, oregano, or a blend of all three, which will deliver robust taste with less sodium.

Another payoff: Many herbs are full of vitamins and nutrients. Take parsley, which is an excellent source of vitamins A and C, both crucial to eye health. And just two tablespoons of fresh basil contains about a quarter of your daily recommended amount of vitamin K, which helps stave off blood clots and build healthy bones.

Pump Up the Probiotics

To support the body’s microbiome—the collection of microorganisms that live in the digestive tract and play a key role in overall health—go for fermented foods rich in probiotics, like kefir, yogurt, fresh sauerkraut, and kimchi. To get your daily ferments in, Maxine Barish-Wreden, MD, an integrative and functional medicine phy-

sician with Sutter Medical Group in Sacramento, California, recommends this salad dressing recipe: “I mix fresh sauerkraut—the kind that contains no vinegar, found in the refrigerated section—with sauerkraut juice and extra-virgin olive oil. Even my patients who say they don’t like sauerkraut actually enjoy this. Once it’s all mixed in, the flavor of the sauerkraut is subtle.”

Blend Some Brain Food

“When I see someone who feels like it’s too hard to make significant changes, I might ask them to start with a smoothie,” Barish-Wreden says. “It’s a simple way to combine a lot of healthy stuff in one drink.” Her recommended blend includes nutrients that are important for brain health. Leafy greens, like kale and spinach, are high in folate, which research suggests may help slow cognitive decline (as well as support a healthy heart). And berries are high in flavonoids, which can help improve memory. “You can also put in kefir, which I prefer over yogurt, as it tends to have more probiotics,” Barish-Wreden says. Probiotics enhance communication between the gut and the brain and may help improve mood and cognitive function.

Please Be Seated

“Research has shown that people eat 5 percent less when they’re sitting down at a table, compared with standing up or leaning against a counter,” says Susan Albers, PsyD, a clinical psychologist with the Cleveland Clinic. “Sitting helps us focus and makes us think about what we’re eating. It also helps with digestion—the body processes food better when we’re sitting down.” Kindly note that this doesn’t mean plopping down in front of the TV. Pull up to a table and give your food your full attention.

Smile

It can help reduce food cravings, according to a study at the University of Wuppertal in Germany. Participants were told to read aloud while either smiling or frowning. Afterward, they were exposed to food cues designed to trigger cravings. The frowning group experienced increased food cravings, but the smilers didn’t—and the preventive effect was particularly pronounced among those who were emotional eaters. Albers suggests smiling between bites for a similar result. “It creates that pause moment and helps release serotonin,” she says. “We do less emotional eating when we’re feeling happier.” That brief break between bites—it’s hard to smile while you’re chewing—also helps you assess whether you’re satisfied. “Not full,” Albers says, “but *satisfied*.” ■

SHOP LIKE A PRO

APPLIANCES

Whether you're replacing a single stove or gut renovating a kitchen, make the most of your space and your money.

BY RORY EVANS



THE FIREWORKS SHOW would have been spectacular, if only its origins weren't the cabinet-mount microwave over my range. After I white-knuckled through some oohs and aahs, the grand finale was an appliance that could not so much as pop a kernel of corn. And yet its built-in—and very much needed—fan and task lights still worked, leaving me with a conundrum: Should I live without a microwave, make do with a cheap dorm version, or cough up \$600 for the same model—even though I was planning to reconfigure my kitchen in the next two years? Anticipating that larger renovation, I made do with a cheap dorm version. And I used the busted microwave for lights, venting... and critical snack storage.

Cover the Unexpected Expense

Granted, if you have to replace an appliance quickly, the microwave is a best-case scenario, since basic models go for as little as 60 bucks. A fridge or a clothes dryer is a different, more daunting matter. And if you feel like you can't endure a day without one,

“you have to plunge into the pool of buying appliances with a sense of urgency,” says Cara Acker, senior brand manager for the appliance brand Bosch. “People want value for the price. They want something special that’s worth the investment and will stand the test of time.”

You can save some money by buying floor models, which may be delivered without the box. See if the store can sweeten the deal with a service contract or warranty. Also, before buying, ask for the serial number and call the manufacturer to try to find out its age: I once bought a Sub-Zero floor model and didn’t discover until later that my “new” fridge was—wait for it—12 years old.

And if you’re hit with a bill for a few thousand to replace the oven range? That’s the exact kind of unforeseen expense ye olde six-month emergency fund is built for, says Michelle Brownstein, a certified financial planner and the vice president of private client services at Personal Capital. Whatever you take out, aim to immediately replenish, “even if it means temporarily pausing long-term savings,” she says. “If needed, cut down on monthly expenses for nonessentials to help with the last-minute purchase.”

Buy Today, Fit It in Tomorrow

If you have plans for a big renovation in a few years but suddenly find yourself with a busted fridge, you could invest now in the dream replacement you’ll use in your future project, Brownstein says. Think of that tricked-out five-burner induction cooktop as an amuse-bouche before the awesome redo that will someday be yours!

As Acker points out, many appliances come in standard sizes, so when you work with your kitchen designer or architect, simply specify that you’ll use your existing 30-inch range, say, or 36-inch fridge. Just note: If you’re going with the same width but a different configuration—like a single-door bottom freezer in place of a French-door model—triple-check door swing measurements so you’ll still be able to comfortably move around your kitchen.

Also, strongly consider the upgrades that might seem like a splurge but will pay for themselves in utility savings or convenience, Acker says. Newer dishwashers and clothes washers use way less water, for instance. And forking over an extra \$800 for the built-in ice maker can feel outlandish, until you spend a small fortune on funky-tasting ice from the corner store.

Splurging on a built-in ice maker can feel outlandish, until you spend a fortune on funky-tasting ice from the corner store.

Be Smart About an All-In Renovation

In the event you’re living the dream and finally replacing the black-glass appliances original to your 1983 home, the kitchen designer or architect will point you in the direction of what you need—but fine-tune your list based on what you’ll actually use, Acker says. If there’s an incentive to buy a suite of appliances from the same brand, definitely consider it, and of course do the extra 10 minutes of paperwork to get mail-in rebates.

To help finance a renovation, Brownstein recommends going with a home equity line of credit, or HELOC. Instead of taking out a lump sum, you borrow as needed, which can offer flexibility as you shop and your budget inches upward. “A HELOC is secured by the equity in your home and tends to come with a much lower interest than a credit card,” she says. “But if you have the cash to pay off the credit card next month, then it’s fine to finance a renovation with a credit card to get the points.”

If you’re looking to really splurge on high-end appliances (I’m pretty sure that Sub-Zero fridge—even the floor model!—cost more than what my parents paid to put me through four years of state college), Brownstein suggests taking the resale value of your house into account. Think about your whereabouts and the rest of your house: “Some markets expect top-of-the-line appliances, and they will likely help a home sell,” she says. “If it’s your starter home, outrageously expensive appliances may not look like a fit with the home.”

No one would make that mistake with my little dorm microwave. ■

2021 REAL SIMPLE HOME PREVIEW

A Porch with Personality

The front porch makes your home’s first impression, so bring in decor and pattern—and your sense of style.

OUR METHOD

We paired an editor “client” with each REAL SIMPLE Home designer to help determine the goals and challenges within the space. Here’s what Eduardo and photo director Muzam came up with for the outside.



Eduardo Rodriguez
INTERIOR DESIGNER

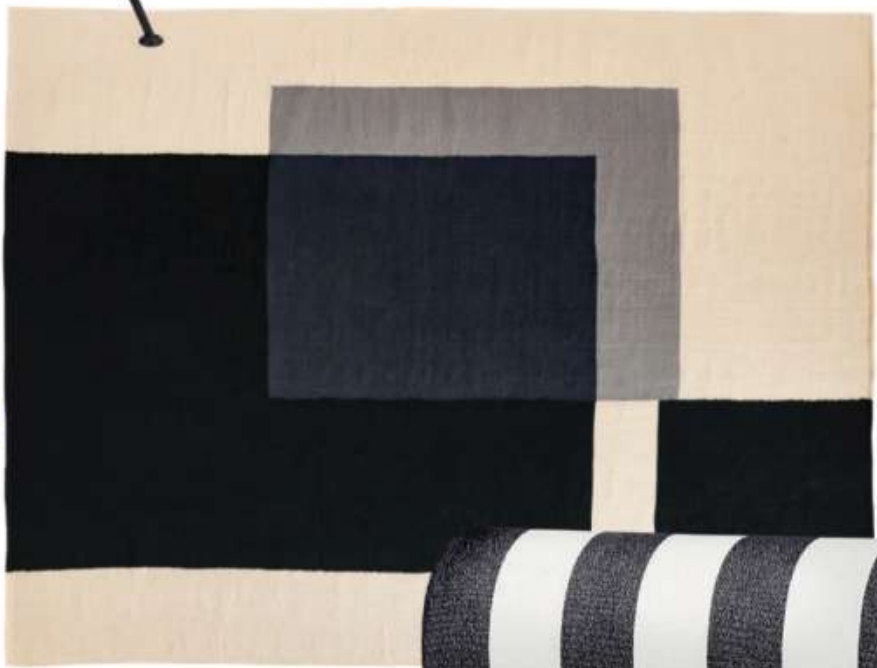
Eduardo’s decades-long design career has included stints in fashion, theater, and window displays. “Having worked in these various fields helps me look at my projects through different lenses,” he says.



Muzam Agha
PHOTO DIRECTOR
AT REAL SIMPLE

An avid traveler with an affinity for warm-weather destinations, Muzam would love to replicate the easy indoor-outdoor flow of some of his favorite vacation rentals in Mexico.

This architectural rendering shows our home’s future L-shaped porch.



ROOM Rx
Hues at the Door

A black-and-white color scheme lets you have a little fun with the front door. Try an unexpected color, like Simply Seafoam 5008-7C (valspar.com for info).



COURTESY OF HERMAN VEGA; COURTESY OF TREVOR JEROME; RENDERING COURTESY OF ARCHITECTURAL RENDERINGS LLC; PRODUCT IMAGES COURTESY OF MANUFACTURERS. AERI LILLY WHITE LOUNGE CHAIR, \$449; ARTICLE.COM. STOCKERT INDOOR/OUTDOOR GEO RUG, \$349 (5 BY 8 FT.); CRATEANDBARREL.COM. CONCRETE FLUTED PLANTER, FROM \$99; POTTERYBARN.COM. CERCA STRIPED ARMLESS LOUNGE CHAIR, \$699; CRATEANDBARREL.COM. PAINT: SIMPLY SEAFOAM 5008-7C; VALSPAR.COM FOR INFO. FAUX NATURAL FIBER POM INDOOR/OUTDOOR PILLOWS, \$50 EACH; POTTERYBARN.COM. GERA BLACK GRANITE SIDE TABLE SET, \$269; ARTICLE.COM

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In his own yard in upstate New York, Eduardo went with graphic stripes and a large, clean-lined sectional with space for everyone to relax.

TWISTS ON TIMELESS

MIX IT UP Eduardo's black-and-white design gives our early 1900s home's exterior a sleek and modern update. Meanwhile, rattan and concrete elements add texture.

GO GREEN Incorporate ever-green plants for a lush vibe year-round. The plants also provide a sense of privacy, which is particularly valuable on the corner lot.

MAKE IT LAST Combine the look of wood with the low-maintenance durability of composite decking. We're using TimberTech in Weathered Teak (timbertech.com for info) on both the covered front porch and exposed deck out back.

GOAL Muzam wants the porch and back deck to have plenty of seating for family and friends to gather but still be cozy enough for an outdoor dinner for two. He'd like to incorporate a few unique touches as well.

CHALLENGE The front porch affects your home's curb appeal and should also give a preview of what's to come upon entering. You want it to jibe with the overall appearance of the house—inside and out.

Furniture with interesting curves or angles will amplify your exterior's cool factor.



COURTESY OF MICK HALES; PRODUCT IMAGES COURTESY OF MANUFACTURERS: SIMEON OUTDOOR WICKER LOUNGE CHAIR WITH CUSHION, \$799; CRATEANDBARREL.COM. SPHERE WHITE PLANTERS, FROM \$119; CRATEANDBARREL.COM. TAMBOR CONCRETE OUTDOOR DRUM SIDE TABLE, \$249; WESTELM.COM. SQUARE LEG STEEL FIRE PIT, FROM \$398; SHOPTERRAIN.COM. SUNBRELLA AWNING STRIPED INDOOR/OUTDOOR PILLOW, \$40; POTTERYBARN.COM

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PETS

Nine Lives? Don't Stop There!

Everything you need to know about your pet's aging—and how to slow it down

BY JUNO DEMELO

Watch Their Weight

Excess fat tissue can harm organs and cause inflammation, lowering your pet's quality of life and life expectancy. In fact, a study found that overweight dogs live up to 2½ years less, on average, than healthy-weight dogs.

WHAT YOU CAN DO: Unless your vet advises otherwise, stick to the serving size listed on the pet food package—and actually measure it out. A mere 10 extra pieces of tiny kibble per day can add up to a pound of weight gain a year in small dogs and indoor cats. If diet and exercise don't make a dent in their extra heft, talk to your vet about diagnostic tests for thyroid abnormalities and other disorders.

Stimulate Their Brain

As they get older, dogs and cats may experience cognitive dysfunction, which can affect memory, sight, hearing, and ability to learn. They may sleep more during the day but wake up throughout the night, have accidents in the house, and seem disoriented.

WHAT YOU CAN DO: Teach an old dog (or cat) new tricks. Mental stimulation may create new pathways in the brain that help your pet stay sharp longer. Train your dog to sit before you feed him, or add treats to a puzzle feeder for your cat. Ask your vet about other lifestyle changes that could help.

Extend Their "Health Span"

We all want our pets to live forever. But we should focus on lengthening the chunk of their lives when they're in good health—and good spirits.

WHAT YOU CAN DO: Take your pet to the vet at least once a year (or twice a year, if your pet is over 10) to help catch issues early. Offer cats a low-sided litter box on every floor of your house, a warm place to rest, and easy access to food and water. If they can no longer reach their favorite perch, provide pet stairs. Senior dogs need thick, padded bedding and good traction on slippery floors. Try grippy area rugs or nail grips, such as Dr. Buzby's ToeGrips (\$35 for 20; toegrips.com), and keep their nails trimmed short.

OUR EXPERTS

KELLYN McNULTY, DVM, RESEARCH FELLOW AT THE DOG AGING PROJECT

KRISTA MILLER, DVM, ASSOCIATE VETERINARIAN AT THRIVE AFFORDABLE PET CARE IN BATON ROUGE, LOUISIANA

ERNIE WARD, DVM, FOUNDER OF THE ASSOCIATION FOR PET OBESITY PREVENTION



HECKIN' GÜD

/ hek-in good /
adj.

Used to describe that which is extremely desirable or enjoyable.
As in, "The hooman thinks New Fresh Step with Febreze Freshness
and Gain Scent smells HECKIN' GÜD!"

FEBREZE 10-DAY ODOR CONTROL
FRESH STEP *We Speak Cat*



10-MINUTE ORGANIZER

BEACH GEAR

If a tsunami of boogie boards and sun chairs has taken over the garage, tidy your seaside supplies with these tips.

BY LESLIE CORONA

**THE QUICK FIX**

Just divide everything by size.

LITTLE THINGS: Stash buckets, shovels, and floaties in mesh laundry bags hung from hooks or nails in the garage or on a covered patio. The mesh lets sand fall out and items dry so they don't get mildewy.

TALLER ITEMS: Corral beach umbrellas and pool noodles in corners or between exposed studs with the help of bungee cords. Place one cord at about knee height and one around shoulder height. If the item is particularly tall or heavy, add a third in the middle.

THE MANTRA

Dry, dry, dry! The best way to keep your gear in good working order for multiple seasons is to make sure everything is completely dry before you put it in storage.

THE HABIT

At the end of each beach day, hose off the sand, bugs, and debris from items, then hang them to dry. Leave inflatables blown up until they're dry—lay them out in the sun, flipping them over after 30 minutes.

THE TOOL

Use this handy storage rack to house everything from surfboards to umbrellas and keep them off the floor.
TO BUY: Beach Gear Wall Rack, \$75; storeyourboard.com.

**OUR EXPERTS**

JULIE BESTRY, CERTIFIED PROFESSIONAL ORGANIZER AND PRESIDENT OF BEST RESULTS ORGANIZING IN CHATTANOOGA, TENNESSEE

LISA ZASLOW, ORGANIZER AND FOUNDER OF GOTHAM ORGANIZERS

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

- ▶ **Fast itch relief***
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- ▶ **Not an immunosuppressant**
- ▶ **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

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INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupilumab/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)

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**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use**

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider.

You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com
or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)
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Issue Date: January 2021

FLOWERS

Better Bouquets

CALVERT CRARY of FlowerSchool shares his tips for picking out healthy, colorful blossoms—no matter where you look for them.

Photographs by Ted + Chelsea Cavanaugh

If You're Shopping for Stems at the Supermarket...

PEEK UNDER THE PAPER

Mold growth on stems or foliage is a sure sign of advanced age. If a stem is freshly cut, it should never look brown or feel soft. When in doubt, just ask yourself, "If this bouquet were edible, would I eat it?" If the answer is no, put the blooms back.

SET A CALENDAR REMINDER

Knowing when flowers are delivered to local grocery stores will allow you to pick them up as early as possible, ensuring you get the maximum amount of flower life in exchange for your time, effort, and money.

PLAY AROUND WITH PRODUCE

At the grocery store, be sure to hit the produce section too: Tomatoes on the vine or a bunch of grapes can really enhance a compote vase, Dutch still life, or horn-of-plenty decoration. Even a few artfully arranged lemons or oranges can instantly spruce up a spring arrangement.

When in doubt, just ask yourself, "If this bouquet were edible, would I eat it?"



If You're Browsing Blooms at a Public Market...

CREATE A COLOR WISH LIST

If you were to walk into a market without a specific list or plan of action, you might easily find yourself leaving with a mishmash of blooms that don't work together, no matter how beautiful.

BEFRIEND A FLOWER FARMER

A farmers market offers a fun, casual way to meet all kinds of growers. Local farmers and amateur botanists put a tremendous amount of time and effort into their craft, and often they'll give deals to others who share their love of flowers.

AVOID OPEN FLOWERS

Some vendors tend to cut their flowers too late. If you're buying flowers that have already opened, like lilies, they probably won't last longer than one or two more days.

If You're Buying Flowers Online...

SHOP FOR STURDY STEMS

Online retailers are a real gift for newbies, since you can shop for flowers in a low-pressure environment. But be wary of delicate flowers that don't ship well, like dahlias, sweet peas, and lilies of the valley. Hardy blooms, like tulips and roses, ship sans stress.

If You're Plucking Plants from the Ground...

ASK PERMISSION

Unless you're in your own backyard, never pick flowers from the ground (or your neighbor's encroaching rosebush) without asking first. Once permission has been granted, use garden shears to snip stems at a 45-degree angle.

BEWARE OF BUGS

A simple technique for removing critters from foraged flowers is to submerge your spoils in room-temperature water for 5 to 10 seconds. The process allows unwanted bugs to float to the surface.

Staying (Flower) Power

Some blooms require a little TLC to remain in tip-top shape. Show these flowers extra attention as soon as you get home.



Anemones: Hydrate for one to two hours in cool water, and keep away from extreme heat.



Tulips: Hydrate cut flowers for a full five to six hours before arranging so they can stand on their own (otherwise you'll be left with floppy stems).



Amaryllis: Avoid drooping by inserting a wooden skewer or chopstick into the hollow stem.



Hydrangeas: Make a one-inch slit up the center of the stem, and moisten the heads with a spray bottle to ensure they stay adequately hydrated.



Lilies: Buds need four to seven days to fully open (enough time for you to prepare for the intense fragrance lilies are famous for).



Roses: Remove all foliage, and hydrate stems for two to four hours in hot water before arranging in a separate vase.



Excerpted from *Flower School: A Practical Guide to the Art of Flower Arranging* by Calvert Cravy. Reprinted by permission of Black Dog & Leventhal, an imprint of Running Press, part of the Perseus division of Hachette Book Group. Copyright © 2020 by Calvert Cravy.





ROAD TEST

Nailed It

From fast-drying formulas to long-lasting lacquers, these six winners (out of 19 tested) meet all your polish priorities.

BY ANNEKE KNOT



BEST KIT

Olive & June The Mani System

This has everything you need to master neater nails at home, even if you're a DIY newbie. The set includes six summer-ready polishes, a glossy topcoat, a mess-free remover (no cotton ball required), cuticle serum, a cleanup brush, clippers, a file, and a buffer—whew. The highlight: a pop-on handle, called the Poppy, that gives you better control for steady strokes on both hands.

TO BUY: \$80; oliveandjune.com.



BEST FOR SHINE

CND Vinylux Long Wear

Not only does this pigmented polish gleam in the sun, but natural light strengthens it for over a week of glassy shine. Choose from more than 100 shades. **TO BUY:** \$10.50; amazon.com.



BEST TREATMENT

Ciaté London Plant Pots

With growth-enhancing ingredients, like biotin and bakuchiol, this twofer handily delivers both bold color and care. **TO BUY:** \$12; us.ciatelondon.com.



BEST QUICK-DRY

Sally Hansen Insta-Dri

Waiting for polish to dry can test your patience. This cult classic one-coat color gets you back to real life after just 60 seconds (pinkie swear!).

TO BUY: \$5; at Target.



BEST MULTITASKER

Orly Breathable Treatment + Color

No time for multiple coats? This argan-oil-infused polish evenly covers in one swipe, letting you skip the base and top layers. **TO BUY:** \$10; orlybeauty.com.



BEST LONG-WEAR

Essie Gel Couture

Forget the UV lamp and foil-wrap removal. This two-step system rivals a salon gel paint job, providing 14 days of rich, unchipped color.

TO BUY: \$11.50; at Target.

STYLEWISE

THE POWER OF 10

You wish summer could last forever—and it almost can, thanks to these cheery closet staples you'll mix and match well past Labor Day.

BY FLAVIA NUNEZ



1 SUMMERSALT x THE HOME EDIT TUNIC
The Short Effortless Shirtdress, \$95; summersalt.com.

2 ANN TAYLOR TOP
Floral Puff Sleeve Sweatshirt, \$59.50; annaylor.com.

3 LAURA ASHLEY PANTS
Sand Dunes Leaves Cafe Trouser, \$118; lauraashleyusa.com.

4 ARITZIA SHORTS
Wilfred Ibiza Short, \$98; aritzia.com.

5 AEROSOLES LOAFERS
Hour Flats, \$120; aerosoles.com.

6 DILLARD'S SKIRT
Gloria Vanderbilt Denim Skirt, \$49; dillards.com.

7 KATE SPADE x DR. SCHOLL'S SANDALS
Original Polka Dot Sandal, \$130; katespade.com.

8 HYER GOODS CROSSBODY
Camera Bag, \$165; hyergoods.com.

9 MADEWELL CARDIGAN
Broadway Cardigan Sweater, \$88; madewell.com.

10 TYLER BÖE DRESS
Paulette Wrap Dress, \$224; tylerboe.com.



**KENDRA SCOTT
EARRINGS**
Masie OpenFrame
Earrings, \$88;
kendrascott.com.



ROAD TRIP ADVENTURES / LIPSTICK LOVE STORY / PRACTICAL MEDITATIONS

LIVES

5 PERSPECTIVES

Using Color

A little pigment goes a long way when it comes to boosting your mood, your mind, and your home's curb appeal. Embrace the wonders of color with these ideas to saturate the soul.

BY SHARLENE BREAKEY

1

Don't be afraid to be blue.

Blue is known for its stress-reducing effects. That phenomenon is rooted in our biology. When we're surrounded by the color in nature—a body of water, clear skies—we know we're safe. We have water to drink, and the weather is good. My family tapped into this emotion when we moved into a new home and took down the drapes to let the windows frame the water outside. You can get the same benefit from large photos in which blue dominates, especially personal ones that remind you of a joyful day at the beach.

WALLACE J. NICHOLS, PhD, IS A MARINE BIOLOGIST AND THE AUTHOR OF *BLUE MIND*.

2

Mix and match without hesitation.

Our annual color of the year reflects the current zeitgeist, and this year we're putting out two supportive colors. Gray is a color attached to the earth—pebbles, stone, granite—and it symbolizes solidity and resilience. We paired that with a luminous yellow—a soft color everyone associates with a shining sun—to capture the feeling of going outside on a clear day. So wear a comfortable gray sweater with a set of yellow beads or a yellow linen scarf. Or paint a wall yellow, then add a floral arrangement that includes pebbles at the bottom of a clear vase. Look for a creative project—painting a landscape, decorating a weathered piece of driftwood, dyeing an old white shirt—that features these colors. These things can help you feel safe and sunny.

LEATRICE EISEMAN HAS BEEN THE EXECUTIVE DIRECTOR OF PANTONE COLOR INSTITUTE FOR 36 YEARS AND WRITTEN 10 BOOKS ON COLOR.

If I notice a color I like in the garden,
on a bird, on a branch, or wherever else,
I find ways to bring it inside.

3

Go big on the little details.

After I came out, I moved into a small house. I made the interior colorful, but because painting exteriors is an investment, I was arriving home to a bleak black-and-white structure. I fixed that by painting the front steps in a rainbow pattern I'd seen on a staircase in Italy. The result is a reflection of the pride flag and my kids' love of rainbows. My partner did the painting, so I see her deep love in each spot of color.

KAT VAN DER HOORN IS A PHD CANDIDATE IN CLINICAL PSYCHOLOGY AT OREGON HEALTH & SCIENCE UNIVERSITY.

4

Focus on the connection between color and texture.

Like an animal, you need to build the den you love. It's important to remember that color can be sensed in ways other than visually. I'm a tactile person, so the gray carpet I chose feels nubby and soft under my feet. When I buy gray or white sheets, I make sure they're percale because I'll connect the color with how crisp and cool they feel against my skin.

CHRISTIANE LEMIEUX IS A DESIGNER, THE FOUNDER OF DWELLSTUDIO, AND THE AUTHOR OF *THE FINER THINGS*.

5

Look outside for inspiration.

These days, I've gotten better at noticing details right under my nose. For a long time, I've had pink and orange bougainvillea growing in my backyard, but I was always too busy to really see them. Now, every night for dinner, I bring in a few stems of whatever pleases me and use them to add color to my home in different ways. It's not just flowers. If I notice a color I like in the garden, on a bird, on a branch, or wherever else, I find ways to bring it inside. Lately that's meant painting simple parts of my house a deep emerald green. Embracing all that color brings me energy.

MINDY WEISS IS AN EVENT PLANNER AND THE AUTHOR OF *GOLDIE THE HANDPICKED FLOWER GIRL*.



WE DID IT

RAINBOW CONNECTION

Through their innovative businesses, these three women are adding vibrant, uplifting color—and a much-needed dose of optimism—to our stressed-out world.

BY JENNY COMITA

“Rainbows Are the Best Medicine”

Samantha Hahn

FOUNDER OF MAISON RAINBOW
MONTCLAIR, NEW JERSEY

LAST MARCH, CHILDREN in pandemic-ravaged Italy began painting rainbows to hang in their windows, often captioned with the message *andrà tutto bene*, which roughly translates to “everything will be OK.”

During one of the darkest periods in recent history, the multi-hued symbols of hope went viral (for lack of a better word), resonating with residents of locked-down cities around the world. Samantha Hahn, an illustrator, was especially entranced. Months before anyone had heard of Covid-19, she’d started building an online art shop devoted to rainbow prints, inspired in part by her 6-year-old daughter’s affection for the colorful symbol.

When the coronavirus appeared in the U.S., Samantha—who has published two books and works regularly for publications like the *New York Times*—put the site on hold, fearful of launching a business during such an upside-down time. But after seeing the mood-boosting Italian signs on the news and, later, in her own neighborhood, she realized there’d never been a better time to release joy-

COURTESY OF DINA KANTOR

ful imagery into the world. Maison Rainbow went live at the end of April of last year, offering museum-quality prints of the iconic image in 25 variations.

“The hope is for people’s chosen rainbow print to be a mini meditation, a passport to bliss,” says Samantha, who named many of them after what she calls “dreamy places” around the globe. *Amelia Island* is a lush, sun-bleached ROYGBIV arch. *Riomaggiore* is a serpentine squiggle in blues. *Malmö* is a black-and-white rainbow dotted with pastel clouds.

“I really believe that colors can elevate us to higher states of mind, and rainbows are the purest manifestation of color in nature,” Samantha says. “I like to think of

them as medicine for the soul, so these days, we need to fill our eyes with rainbows more than ever. Even if it’s just for a moment, sparking that bit of joy can be a powerful thing.”

TAKE IT FROM ME: “It may sound corny, but as the owner of a creative business, I find it’s important to have a little faith that your work will organically find its audience if you keep plugging away. You can’t control how your work is received, but if you’re putting out something meaningful to you, it’ll find an audience that also connects with it.”



“Color Has More Value Than We Realize”

Lauren Battistini

ARCHITECTURAL AND BUSINESS
COLOR CONSULTANT
HOUSTON

SEEING RED HAS nothing to do with anger for Lauren Battistini—just the opposite, in fact. Even a small pop of the fiery hue, whether on her lips or in her living room, is enough to make her “feel powerful and creative at the same time,” she says.

The emotional pull of color has been a lifelong obsession for Lauren, who grew up in New Orleans surrounded by the city’s music, bright beads, vibrant parades, and candy-hued buildings. Then, of course, there was all the makeup her stepmother, a cosmetics analyst, kept around for her clients. “I remember being 4 years old and lining up my crayons to figure out which shades looked best together,” she says. “There was never a time I wasn’t fixated on color.”

Fifteen years ago, she decided to turn that passion into her profession. She founded a color strategy firm that has worked with

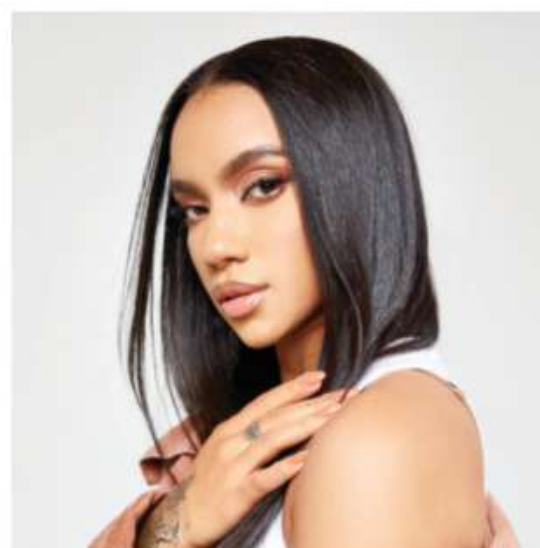


FROM LEFT: COURTESY OF CHRISTINE HAN PHOTOGRAPHY; COURTESY OF ROBERT TREMAINE

retail, fashion, and television clients. These days, she focuses mainly on business branding and architectural projects, which can mean anything from devising the palette for a swimwear company's logo to selecting the perfect paint for the exterior of an apartment complex.

"Choosing colors, for me, is about the intersection of emotion and function," says Lauren, who's currently working on a multibuilding revitalization project, using color to breathe new life into a historic town north of Houston. "If it's a commercial space, then we need to consider who is going to be visiting and how we want customers to feel. If it's a residential space, especially if the people living there are stuck in lockdown, we want them to feel calm, soothed, optimistic, and productive," she explains. "My work is often about choosing surfaces—walls, floors, textiles—but the power of color goes so much deeper. Its effect is absolutely psychological and even physiological. That's the most exciting part of what I do."

TAKE IT FROM ME: "As the CEO of my small company, I respect both the client's and my time—so I don't request meetings or phone calls unless I have something unique and valuable to offer, and can clearly and concisely articulate it."



"I Express My Emotions Through Nail Polish"

Rachel James

FOUNDER OF PEAR NOVA
AND PEAR NOVA STUDIO
CHICAGO

SOME PEOPLE WEAR their heart on their sleeve. If you want a clue to Rachel James's innermost thoughts, you'll have to look a bit farther down her arm. "The colors on my nails are a reflection of my mood," says Rachel, a Chicago native. "Even before I was old enough to pick out my own clothes, I was painting my nails, changing the polish color every few days."

After studying fashion merchandising and having two sons, Rachel decided to make her manicure mania work *for* her, and she taught herself to mix polish in her parents' unfinished basement. A lifelong DIYer, Rachel quickly got the hang of the process and, in 2012, launched Pear Nova, a line of vegan, cruelty-free polishes.

She pulls color inspiration from vintage fashion runway imagery, global vacation photos, and, in the case of her popular Brwngrlmgc collection, women of color she admires (the Michelle Obama hue, in particular, has been a big hit). Celebs like Alicia Keys, Zendaya, and Issa Rae are reportedly fans of the line.



In 2019, Rachel opened Pear Nova Studio, a nail salon, in a luxe loft space in Chicago's arts district. Like all salon owners, Rachel has had to roll with the punches of the pandemic, shutting her doors for months at a time and then operating at reduced capacity to allow for social distancing. But, she says, with more downtime, many customers have turned at-home mani-pedis into a form of self-care—often painting on the most vivid colors they can find.

"Usually in colder months, people gravitate toward dark polish," Rachel says. "But this past winter, our most popular shade was a neon green. Lately I've been drawn to citrus hues, which makes sense because those are the most cheerful colors around." And who couldn't use an extra hit of happiness at their fingertips?

TAKE IT FROM ME: "I wish, in the early days of starting my business, I'd known how to appreciate the present moment in the journey and work toward 'what's next' at the same time. I'd worry about how I would grow, and I wouldn't realize I was right in the middle of what I used to look forward to. Stop and smell the flowers on the way, then get back to work." ■

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Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



A.D. ASKS...

My partner's father insists on helping with renovations in our new home, even though he has absolutely no idea how to do anything he suggests. He gets in the way of professionals we've hired, and he never calls ahead—he just shows up and starts in on something. I asked my partner to set boundaries, but he thinks we should let his dad feel helpful. What can I do?

Does your partner understand how frustrated you are? If he doesn't, let him know. If he does, you may need to address a communication breakdown (cough, couple's therapy, cough). As for his dad, the impulsiveness will be easier to resolve than the ham-handedness. Have your partner ask his dad for advance notice of visits. As for (sigh) the house, let his dad feel useful by giving him tasks within his skill set: yard work, maybe, or cleaning. "We've loved having your help on the renovations," you can say, "but"—white lie alert!—"our contractor doesn't want laypeople involved with the work." You'll be prioritizing your relationships even as you set needed boundaries.

K.L. ASKS...

I broke up with my hairdresser and feel guilty about it. What explanation, if any, do I owe her? I feel terrible lying to her and avoiding her. Is there a protocol for this?

My husband, who's a massage therapist, had good advice: If you have information that would (a) ease her mind or (b) be instructive or constructive, you should share it. He'd want to hear if someone's needs or finances had changed, which would reassure him that the split was not about the quality of his work. Or he'd want to know if his office was too hot or too cold or inconveniently located, because he could adjust those elements of his practice. That a client simply found a better massage therapist—or, in your case, hairdresser? Nope. "The haircuts just aren't that great" is a perfectly legitimate reason to move on, but you can and should keep it to yourself. Send an explanatory text or email if there's anything to say that's actionable or comforting. If you just want to clear your conscience, then don't.



HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.

M.J. ASKS...

A friend recently lost weight and shipped me some of her old clothing, which is too big for me. Her note said that it feels good to lighten the load of things in her life and that “more is on the way.” I’m now stuck with the job of getting rid of it. Plus, she’s wasting money on shipping. How do I discourage her from sending more?

You can be happy for your friend that she feels so good and still clarify that you don’t want her hand-me-downs. “Thank you for thinking of me,” you can say, “but your clothes don’t actually fit me either. I donated the first batch, but please don’t go to the trouble of mailing me more.” She might feel a little awkward, but she’ll learn a valuable lesson: It’s presumptuous to ship a box of (possibly passive aggressive) castoffs without checking first to make sure someone wants it.



K.S. ASKS...

My neighbor constantly comments on what she sees: “I saw your lights on in the night. Did the babies have a hard time sleeping?” or “Your car hasn’t moved in about a week. Everything OK?” It feels like a violation of privacy. How can I explain that her observations make me uncomfortable?

My friend once walked into a café and saw displayed there a portrait of himself in his bathrobe, sleepily making coffee—painted by a neighbor he’d never met. My advice? Get curtains. Your neighbor might be a busybody, or she might imagine she’s helpful. The unwritten contract between neighbors is that we pretend there’s more privacy than there is. We don’t say, “I saw your Prozac bottle in the recycling. Are you OK?” If your neighbor has a sense of humor, try a hint like “Sheesh, remind me never to walk around naked!” Or be more direct and say, “I’d love to think no one’s watching me.” If you suspect that her transgressions are inadvertent and she’d be mortified if you spoke of them, then cover the windows. And know your car is fair game for commentary.

P.E. ASKS...

I volunteer at a hospital, and the administration recently sent all the volunteers gift cards as a thank-you. Do I send the hospital a thank-you note?

Thanks to your question, I got to learn a fancy philosophy word from my philosopher (turned massage therapist) husband: “supererogatory,” which means kind of morally excessive. It would be totally fine to send a thank-you note to the hospital administrators. But because their gesture of appreciation was intended to thank you in the first place, they might be even happier if you didn’t spend yet more of your time thanking them for thanking you. (I realize this is starting to become a tongue twister.) If you run into an administrator in the hallway, by all means express your gratitude. Otherwise just enjoy the gift.

ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You’re Grown Up*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.

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TRAVEL

ON THE ROAD AGAIN

Roll down the windows, fire up your playlist, and shake off a year of quarantine with a road trip. Whether you have a few days or more than a week, these five routes will satisfy your wanderlust.

BY KATIE JAMES WATKINSON

TEXAN TREK

A little bit city, a little bit country, this long-weekend drive combines the made-for-TV charms of Waco with the hipster cool of Austin and the pastoral beauty of Hill Country.

DAY 1: WACO & SALADO

Land early in Dallas for the nearly two-hour drive south to Waco, home to the *Magnolia Journal*'s Chip and Joanna Gaines. Visit their Magnolia Market for chic housewares and pick up some bacon-cheddar biscuits from the on-site bakery. Baylor University's Mayborn Museum Complex has interactive exhibits that will entertain both tactile tots and temperamental tweens. Dig for antique treasures at Cameron Trading Co. before moving on to Salado. There, enjoy craft brews and food truck fare at Barrow Brewing Company, then turn in at the throwback Shady Villa Hotel (from \$149 a night).

DAY 2: AUSTIN

It's less than an hour to downtown Austin. Drop off your bags at the Kelly Wearstler-designed Austin Proper (from \$369 a night) and walk to Veracruz All Natural, a food truck serving the best breakfast tacos in town. Snapping a pic in front of the "Greetings from Austin" mural is a tourist's rite of passage. At Stag Provisions for Men, hipster-lite styles from Faherty and Portuguese Flannel will take a guy's wardrobe from inept to influencer. Grab ribs at J. Leonardi's Barbeque, then do like the YoPros (that's "young professionals") and barhop on Rainey Street.

DAY 3: FREDERICKSBURG

Grazing cattle and azure bluebonnet fields line the 13-mile Willow City Loop, a scenic detour on your way to Texas Wine Country. Once in Fredericksburg, check into a rustic-chic cabin at Contigo Ranch (from \$178 a night) before sampling unique regional varietals, like Albariño at Southold Farm + Cellar. Those at-home HIIT workouts will prove their worth on the climb up monolithic Enchanted Rock, where panoramic views of rolling hillsides are the perfect send-off.



CALI COAST ODYSSEY

Restore the soul with a 10-day ride down California's Pacific Coast Highway (a.k.a. Highway 1).

DAY 1: SAN FRANCISCO, HALF MOON BAY & MONTEREY

Spend the morning in San Francisco exploring the Painted Ladies and Union Square before merging onto the Pacific Coast Highway (PCH). Make a pit stop in Half Moon Bay for lunch at Sam's Chowder House and a lap around Pigeon Point Lighthouse, one of the tallest in the U.S. Pull over in Capitola, a candy-colored town that will make your Instagram feed pop. Then check into the beachfront Monterey Tides (from \$229 a night) for that first Cali sunset.

DAY 2: CARMEL-BY-THE-SEA & BIG SUR

Get breakfast at the Tuck Box in button-cute Carmel-by-the-Sea. You could spend hours in nearby Point Lobos State Natural Reserve, but you've got places to be, so just hike the Cypress Grove Trail (it's a loop less than a mile long) for rugged coastline and wildflower hillsides as far as the eye can see. Then start your drive down the majestic Big Sur portion of the PCH. Hit the Garrapata State Park trails for views of the Pacific Ocean and Santa Lucia Mountains. Stop for a photo op at famed Bixby Creek Bridge, then beeline to Big Sur Bakery for wood-fired pizza. Spend time at McWay Falls—an 80-foot cascade into

NOTE: Please look up local health guidelines and check for road closures before traveling.



emerald Pacific waters—and look for sea otters floating among dense kelp beds. Kick it on the porch of your glamping suite at Ventana Big Sur (from \$240 a night) before sleeping among giant redwoods.

DAY 3: SAN SIMEON, CAMBRIA & MORRO BAY

Head out early for the approximately two-hour drive to Hearst Castle, a towering estate built by publishing magnate William Randolph Hearst. Drop off your bags at Cambria Beach Lodge (from \$219 a night), a revamped 1960s motel, and make a round-trip jaunt to quirky harbor town Morro Bay. Have lunch at Dorn's Breakers Cafe, which offers

views of sea otters and Morro Rock, a volcanic offshore behemoth. Swim in the cool waters or take a glass-bottom-boat tour.

DAYS 4 & 5: SOLVANG

Drive less than two hours to Solvang, an adorably odd Danish-inspired town in the heart of the Santa Ynez Valley. Check into the Vinland Hotel (from \$219 a night) and spend the next two days popping around town on an electric vehicle called an eMoke. The Book Loft is a cute indie bookstore, Oneder Child curates kids' toys and gifts, and Olsen's Danish Village Bakery serves deli-

cious krinkles. Make time for a daily wine-centric outing, like a 90-minute horseback tour of the Santa Ynez hills via Vino Vaqueros.

DAYS 6 & 7: SANTA BARBARA

In about 40 minutes, you'll arrive at the Palihouse Santa Barbara (from \$325 a night). Grab nitro cold brews at Dune Coffee Roasters, peruse the shops on State Street, and explore the Santa Barbara Museum of Art. Hang out in the Funk Zone, a hip district with wine-tasting rooms, and get barbecue at Barbareño.

DAY 8: MALIBU

Grab your sunnies: You won't want to squint through the 75-minute cruise to the 'Bu. After settling into the bungalow-beautiful Surfrider (from \$325 a night), sip agave lemonade at Malibu Farm Cafe. Watch surfers catch swells at First Point, then browse Malibu Country Mart before a toes-in-the-sand dinner at Paradise Cove Cafe.

DAYS 9 & 10: PALM SPRINGS

Savor the 2½-hour ride—this is the home stretch. The Moroccan-style Sands Hotel & Spa (from \$299 a night) practically begs you to lounge poolside all day, but don't. Hike Palm Canyon, visit Moorten Botanical Garden, or get in a little shopping at the Frippery (Cali-cool caftans galore) and the Shops at 1345 (midcentury-inspired home decor). Cap the trip with live music, crunchy taquitos, and blood-orange margaritas at Las Casuelas Terraza.



MIDWEST QUEST

Spend three days southbound on Michigan's Leelanau Peninsula and you'll forget all about GPS. Tiny fishing towns, powder-soft beaches, historic lighthouses—the excuses to pause are as plentiful as the panoramas.

DAY 1: TRAVERSE CITY & LELAND

Four hours from Detroit, Traverse City is the northern terminus of the storied M-22 highway. First go to the Village at Grand Traverse Commons, a 19th-century hospital turned market. Pick up Leelanau lavender at Moonstruck Gardens, and sit down for red velvet pancakes at Red Spire Brunch House. In the afternoon, check out the collections of Inuit art and sculpture at the Denny's Museum Center. Stay overnight at the Riverside Inn in Leland (from \$175 a night).

DAY 2: LELAND & GLEN ARBOR

Wake and stroll to Fishtown Preservation, where weathered shanties commemorate Michigan's maritime history. Make the short drive to Glen Arbor, home of the cult-favorite shop M-22 and Sleeping Bear Dunes, where the sand dunes soar 450 feet and the water is crystal clear.

DAY 3: FRANKFORT & ARCADIA

Cruise farther down M-22 to reach Point Betsie Lighthouse, a backdrop for your 2021 holiday card. Five miles south is Frankfort; walk the pier and sip Belgian-inspired beers at Stormcloud Brewing Company. As you cover your last stretch of highway, stop at Inspiration Point in Arcadia for one final view of Lake Michigan.

SOUTHERN SOJOURN

Don't be surprised if you barely hit the speed limit on this four-day route linking Charleston and Florida—a ride through Low Country requires you to slow your roll and take it all in.

DAYS 1 & 2: CHARLESTON, SOUTH CAROLINA

Book two nights at the elegant Zero George (from \$599 a night). Eat buttermilk-biscuit breakfast sandwiches at Callie's Hot Little Biscuit and then swoon over every house on your walk through the South of Broad neighborhood. At Amanda Lindroth, buy some block-printed table linens and wicker serving trays for dinner parties back home. Then sip hibiscus mojitos at the rooftop Citrus Club before a Southern dinner at Husk. Spend the next day leisurely—have brunch at Butcher & Bee, visit the beach on Sullivan's Island, take a sunset sail on the *Schooner Pride*, and enjoy a romantic dinner at Chez Nous.

DAY 3: SAVANNAH, GEORGIA

In less than two hours, Spanish moss is everywhere you turn. Check into Perry Lane Hotel (from \$259 a night) before walking to Forsyth Park. After perusing the exhibits and ace gift shop at the SCAD Museum of Art, browse the cozy home goods at Hygge. When the clock strikes 5 (OK, 4), embrace the city's tippling traditions at the speakeasy-style Alley Cat Lounge. Then head to the Wyld for an Oaxacan old-fashioned followed by a twice-cooked pork taco.

DAY 4: ST. AUGUSTINE, FLORIDA

Get an early start on the three-ish-hour drive to this centuries-old city. Unload at the Hilton St. Augustine Historic Bayfront (from \$229 a night), then nab a courtyard table at the Floridian for shrimp-and-sausage pilau. Drive north to Vilano Beach, a destination with few tourists, then come back to town and visit Mission Nombre de Dios. Grab refreshing strawberry-basil pops at the Hyppo Gourmet Ice Pops before a cheesy, yes, but thoroughly fun nighttime ghost tour.



NORTHEASTERN ESCAPE

Rocky headlands, quaint harbor towns, cliffside national parks—five days northbound on Maine's Route 1 will have you embracing all the coastal feels.

DAY 1: OGUNKUIT & KENNEBUNKPORT

Take I-95 North from Boston, and in a little over an hour you'll be transported to the seaside village of Ogunquit. Sink your toes in the sand, then meander the Marginal Way footpath toward Perkins Cove. Pick up handcrafted stoneware at Perkins Cove Pottery Shop and dine on scallop carbonara at the Front Porch. Make the 20-minute drive to Kennebunkport, a historic fishing village that draws a posh crowd. Plop your bags at Kennebunkport Inn (from \$169 a night) and enjoy a sunset stroll through Dock Square.

DAY 2: KENNEBUNKPORT & KENNEBUNK

Start the morning like true Mainers—out on the water. Captain Bob Danzilo teaches trap hauling and sustainable fishing practices aboard the *Rugosa*. Head to nearby Kennebunk to shop for upcycled furniture at Antiques on Nine and terra-cotta pot candles at Snug Harbor Farm. The White Barn Inn Restaurant offers dinner at its most decadent (think caviar-truffle lobster rolls).

DAY 3: CAPE ELIZABETH & PORTLAND

Biddeford's Palace Diner has just 15 counter seats, so depart early for your stack of buttermilk flapjacks. Cape Elizabeth is a rugged peninsula featuring the oldest lighthouse in Maine, Portland Head Light. Snap



some pics and then get in line at Bite into Maine, a nearby food truck famed for piled-high lobster rolls (order yours Maine-style, with mayo and chives). You're just a few miles from downtown Portland, where a crop of young chefs have energized the city's food scene. If you can't get into Eventide Oyster Co., walk next door to the Honey Paw. Pan-Asian dishes, like smoked lamb khao soi, will have you rethinking the definition of New England cuisine. Then tuck into a heavenly bed at the Blind Tiger (from \$209 a night).

DAY 4: PORTLAND

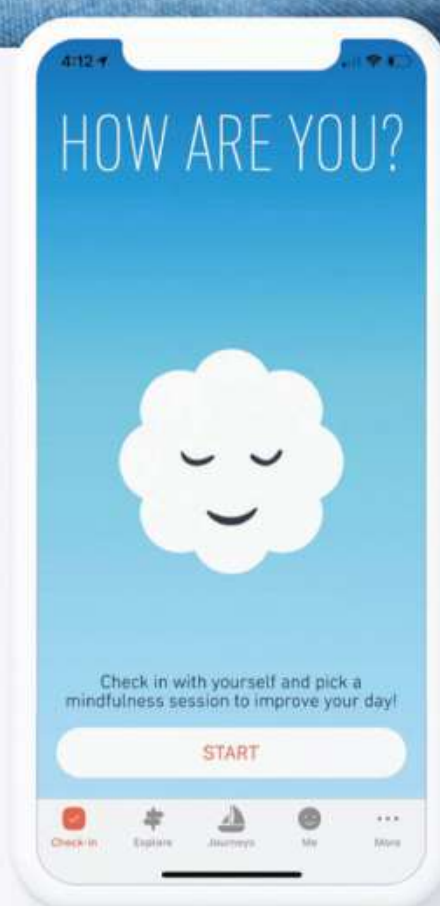
After sticky buns at Tandem Coffee + Bakery, shop for outdoorsy staples at Portland Dry Goods and vintage home decor at Blanche + Mimi. Next on tap: a walkable brewery tour. Make your way from Rising Tide Brewing Company to Lone Pine

Brewing Company to Oxbow Blending & Bottling. Bites from Duckfat double as dinner.

DAY 5: BAR HARBOR

Layer on your Lululemon and call in boxed lunches from Down East Deli & Boxed Lunch Co. before the three-hour drive to Acadia National Park. Admire panoramas of the Schoodic Peninsula from the summit of Cadillac Mountain. Then stretch your legs on the moderate Bubbles Trail. Bar Harbor Inn (from \$159 a night) is the spot for a much-needed shower and catnap. Just don't snooze through sunset at Bass Harbor Head Light Station. End the journey with a nightcap of blueberry basil sorbet at Mount Desert Island Ice Cream. ■

7:32 pm — Relaxed
9:47 pm — Neutral
12:03 am — Exhausted
2:26 am — Insomnia
7:10 am — Grounded
8:14 am — Joyful



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FIRST PERSON

FOR THE LOVE OF LIPSTICK

It doesn't make sense that a nubbin of wax, emollients, and pigments could improve someone's outlook in the past year. But for *Cynthia D'Aprix Sweeney*, it did the trick.



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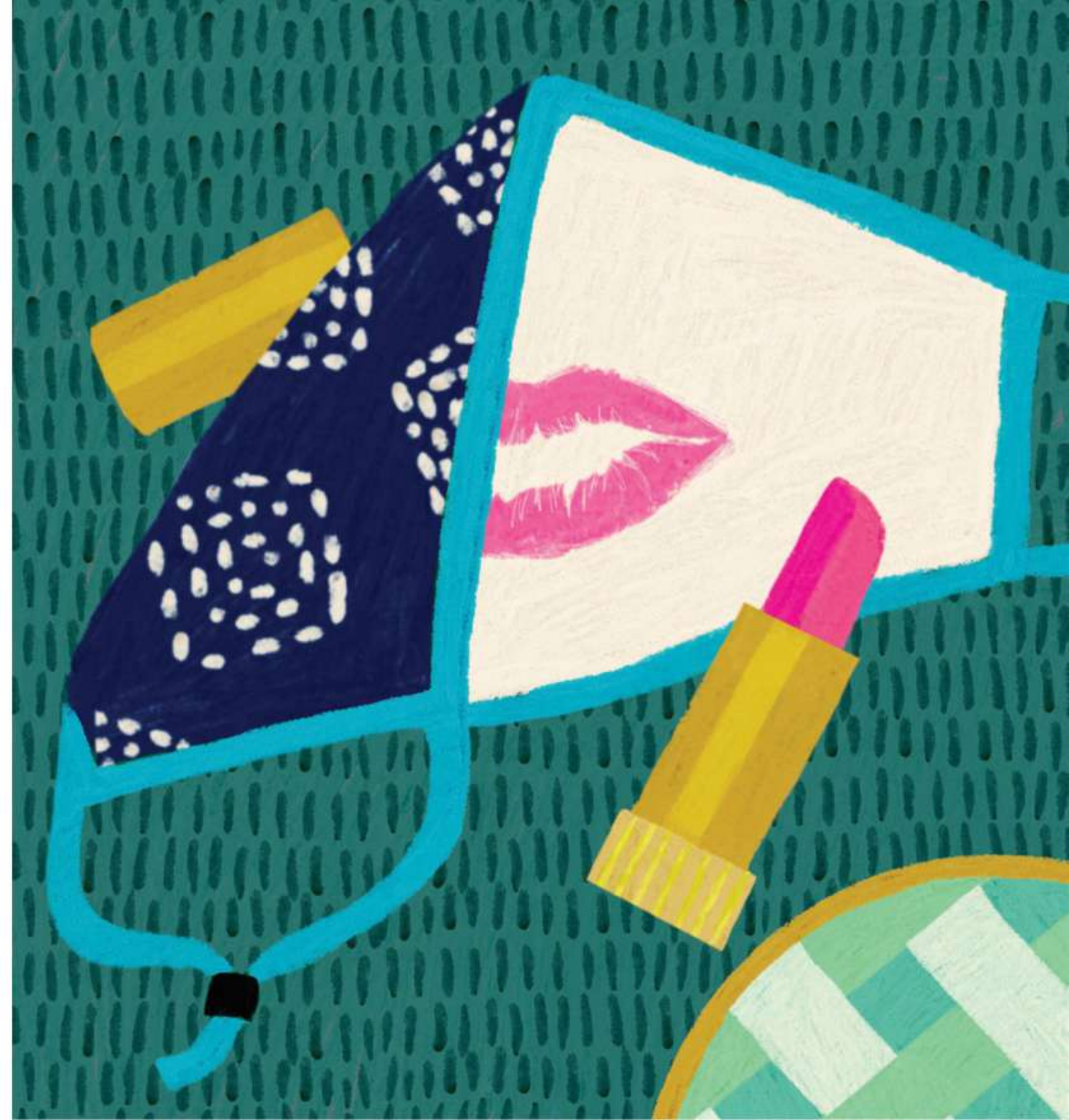
HE THINGS I GAVE UP when our Los Angeles quarantine began well over a year ago ranged from the sublime—seeing people I love, embracing my adult children, dining out, traveling the world—to the commonplace.

Jeans were the first to go, quickly followed by anything other than the most comfortable flat shoes (OK, I mean slippers), jewelry, perfume, and makeup. I don't tend to wear a lot of makeup in normal times. I am, however, someone who always, *always* wears lipstick. I invariably have a pot or tube close—in a coat pocket, handbag, drawer, glove compartment.

I pin the beginning of my lifelong relationship with lipstick to a family vacation in the late 1960s. We were driving from my hometown of Rochester, New York, to Toronto. A three-hour journey that felt like days to a kid. As we pulled onto the New York State Thruway, my mother reached into her bag of traveling tricks and handed me a toy makeup kit, the kind they used to sell on a hanging rack at Woolworths, next to car bingo and Silly Putty and baby dolls with plastic bottles half full of fake milk. I vividly remember using my finger to slather on the sky blue “eye shadow” and the rosy pink “rouge” and the ruby red “lipstick” while trying to see my face in the tiny piece of reflective foil that served as the package’s “mirror.” Within minutes of transferring the entire kit onto my face, I was complaining about being hot and sweaty.

“Welcome to wearing makeup,” my mother said, with a little laugh. When we arrived at our hotel, I made a beeline for the bathroom, eager to wash off the grease paint. But before I did, I glanced in the mirror and couldn't believe how, well, how great I looked. It was me, but different. My face, but brighter and heightened. Especially the lips. I pursed them and smiled at myself and dug my finger into the cardboard depression of the toy kit to scrape out whatever ruby red “lipstick” remained. I was hooked. I was 9 years old.

The Christmas I was 13, I reached into my stocking and out came a plastic Oreo cookie, courtesy of Avon, around three inches in diameter. The Oreo opened to reveal two side-by-side shades of lip gloss: frosty light peach and frosty light pink. Lord, did I love that thing. I'd apply the pink, rub it off, try the peach, rub that off, back to the pink. Sometimes



I switched colors mid-dinner, just as I imagined Diana Ross did. For better or worse, the interior of that plastic Oreo cookie set my lipstick color palette for life. A quick survey of my current lipsticks reveals what has been true since that fateful Christmas morning. Every single one is a variation on a theme: frosty peach or frosty pink.

I see the inherent aesthetic logic in these choices. I have a French and Italian background and the kind of face that frequently makes friends and even strangers ask, “What’s wrong?” My features seem to settle into an expression of disapproval or worry even when I’m not experiencing those emotions. Lipstick brightens my face. It draws attention to my maybe too-wide mouth, but it also seems to give everything a lift, elevating me from background actor in a Fellini movie, trudging down a country road while carrying battered luggage, to carefree all-American girl lounging poolside. Or so I like to think.

When I moved to New York City after college, my love affair with lipstick took full flight. I don't remember the exact shade I was wearing one night in Manhattan in my mid-20s when I arrived at a party where I didn't know too many people—though I do remember it was a perfect match for my hot pink blouse with shoulder pads, bought for a song off the rack at Bolton's. Standing in the kitchen, a bit adrift, I did what I always do in similar situations: I went to find my lipstick. After reapplying, I was slipping the tube back into the pocket of my denim jacket when a tall, dark-haired, handsome stranger entered the room to drop off his coat. He offered me a piece of Bazooka chewing gum. We walked out of the kitchen together and kept talking. Reader, I married him—a man who, somewhat ironically, given that

I'd apply the pink lip
gloss, rub it off,
try the peach, rub that off,
back to the pink.
I'd switch colors middinner,
just as I imagined
Diana Ross did.

lipstick brought us together, prefers my naked face. "If you're doing that for me, you don't have to," he said early in our dating life during my morning makeup routine. (Had I just hovered a navy kohl eyeliner over an open flame to apply it more smoothly? Probably.) His suggestion was driven by kindness, but I didn't take it that way. I bristled, lifted a (lined) brow, and said, "Thanks. But I do this for *me*."

And I did! I loved the ritual of lipstick. Uncapping the tube, the gentle revolution, the careful application, the blot. I loved applying lip color in a car's rearview mirror or a restaurant's glass window. I had one-night stands with the neon pinks of the mid-'80s. I flirted with the dark lip liner and nude gloss of the early '90s. I had a brief fling with the brick red mattes of the early 2000s.

Parenthood found me neglecting the makeup portion of my morning. Who had time? That is, until the day the Washington Square playground was abuzz over the arrival of a flagship MAC store. It had a magical new policy, one that would become a standard (and, frankly, given the past year, slightly insane) practice: You could use alcohol to clean any lipstick you wanted to try, and then put it on your actual lips. This was novel and exciting. Did I push my two babies in an unwieldy double stroller into that store so I could try on lipstick? You bet I did. And there I found the second great love of my life.

The color seemed made for me, a beige-pink with a light frost finish. Not too pink, not too peach. I put it on and felt like Natalie Wood swanning around Saint-Tropez. I wore the lipstick when I was a bridesmaid in my sister's wedding, and

years later when I was godmother at her first child's christening. I wore it in December and I wore it in June. I unpacked it in two different bathrooms in our consecutive homes in Brooklyn. I wore it to Italy and France and Ireland and Hawaii.

So why is it that no amount of googling or eBay searching can conjure its name from my memory? I wore it (and bought it) long after it started to look slightly dated, slightly too Natalie Wood at Saint-Tropez (if that's even possible). I wore it until I went to buy a fresh one and was informed that the color had been discontinued and my heart broke a little. A number of friends offered the names of places where I could have it replicated, but I took it as a sign. The color had reached the end of its natural life, and now I was a lipstick widow.

I cast about for a new favorite and found a few I liked, but only as friends. Then a move to Los Angeles, and older kids who drove themselves, meant my daily interactions with other humans dramatically decreased and, along with them, the number of lipsticks in my medicine cabinet.

You'd think it would have been a relief when masks made lipstick pointless, the perfect opportunity to break an unnecessary habit. But like everything else during the weird, unsettling time of Covid, it felt like another loss. An insignificant loss, to be sure, but still one more thing I loved to do but couldn't, or shouldn't, because lipstick stained my masks and made zero sense. Then one day, rummaging through a drawer, I found a lipstick I'd bought right before lockdown. I tossed it into my purse, and when I got into the car, I tilted the rearview mirror (hello, old friend) and applied two layers of Gucci Beauty René Pink. I loved it. I still love it, and I wear it all the time, though I'm the only one who knows.

When I take off my mask (will it surprise you to learn they are mostly peach and pink?), there's always a lipstick mark on the white linen back. A tiny kiss to me, from me. A reminder of easier days when we didn't understand the privilege of a full face. It's a moment of normalcy in the most abnormal time of my entire life. A way to remind myself that eventually (someday soon?) other people will see the lower half of my face. They'll look at me, probably ask, "What's wrong?," and I'll flash a peach or pink smile and say, "I've missed you. I'm so happy to see you." ■



ABOUT THE AUTHOR

Cynthia D'Aprix Sweeney lives in Los Angeles with her husband and lipsticks. Her second novel, *Good Company*, was published in April.



THE HELPFUL MIND

Meditations for People Who Can't Meditate

Does the old sit-and-breathe routine leave you antsy and stressed out? Try these techniques and reap the benefits of mindfulness on your own terms.

BY LAUREN MECHLING

AS YOU AND THE REST of the world may have heard, meditation is as beneficial as physical exercise: It can improve sleep, reduce anxiety, and even help with chronic pain. Though I'm intimately familiar with stress and insomnia—and a recent tumble off a bike has added pain to the mix—I long avoided mindfulness, telling myself that only the deeply woo-woo put those pouf pillows to use. I managed my stress by jogging to the bad boy anthems of Machine Gun Kelly. Then I learned that even MGK meditates every morning, and I knew it was time to reassess.

According to a Harvard University study, the average person's mind wanders 47 percent of the time, and a wandering mind is an unhappier one. Thankfully, there are innumerable ways to tap into meditation's calming, head-clearing powers. "Meditation doesn't have to happen on a cushion," says Jamie Price, cofounder of the mindfulness app MyLife. "Some of the most rewarding experiences can come from things like walking through your neighborhood or eating a meal." Here are some techniques I discovered, from the simple to the slightly more esoteric. None of them require a lifetime commitment, but be warned: They just might change your life.

The One That Doesn't Feel Like Meditation

Those overachiever cooks who say an hour of stirring risotto is “meditative”? They’re onto something. As the Zen Buddhist monk Thich Nhat Hanh said, “Washing the dishes is like bathing a baby Buddha.” While you’re at the stove, try focusing on your breathing, or the scent of the sauce you’re making. “Any activity can be meditative when you bring awareness to your five senses,” Price says.

The One You Can Do with Your Devices

Mindfulness apps offer a slew of options, like calming soundscapes and guided meditations. And now some apps are teaming up with streaming services, so you can tune in while you’re, um, tuning in: Headspace has programming on Netflix, and Calm has a series on HBO Max. I fell for Headspace cofounder Andy Puddicombe, a circus-trained, former Tibetan Buddhist monk who leads many of the guided meditations. After a week of listening to his soothing British accent, I’d made a new best friend.

The One That Moves You

If you’re fidgety, that’s OK. Moving meditations, such as walking, can deepen your focus and sense of peace. A recent study showed that older adults who went on weekly “awe walks”—in which they shifted their attention outward, striving to see familiar objects in fresh ways—felt more upbeat than their non-awe-walking counterparts. (An even cooler finding: The walkers’ selfies started

If you’re fidgety, that’s OK. Moving meditations, such as walking, can deepen your focus and sense of peace.

to feature more of the world in the background, while the control group’s selfies remained dominated by their own faces.)

Kyle Miller, a yoga and meditation instructor in Los Angeles, suggests going outside for a five-minute stroll and concentrating on the sights, smells, and sounds. “When your mind wanders, simply bring it back,” she advises. For a musical accompaniment, composer Murray Hidary offers 30- and 60-minute SilentWalk meditations, available to download for free at mindtravel.com.

The One That Comes with Love

If the idea of inhabiting the present moment is overwhelming (by which I mean underwhelming), try loving-kindness meditation, a form of mindfulness that involves mentally sending good wishes to the people around you, from your closest loved ones to strangers on the street.

Sound corny? German neuroscientist Tania Singer’s research shows that compassion (as demonstrated in loving-kindness) produces positive effects in the brain. “It helps strengthen a sense of interconnectedness,” explains Lesley Desaulniers, a yoga and meditation teacher in West Marin, California. She recommends sitting for 10 minutes and focusing on yourself or, if that’s hard (it generally is), someone from your life—a family member

or a person you often see at the grocery store. Repeat, “May you be safe. May you be happy. May you be free.”

If there’s someone you struggle to feel compassion for, try envisioning them as a baby, Desaulniers suggests. “Picture their little fat faces and see how they need somebody to hold them too.” I tried this technique on a challenging person in my life (who may or may not be a family member). I saw her with pudgy cheeks and a vulnerability I’m not used to associating with her. The next time she called, I was happy to see her name light up the phone.

The One That’s (Sort of) Transcendental

Transcendental Meditation, whose celebrity devotees include everyone from Jerry Seinfeld to Katy Perry, entails repeating a personalized mantra. Diehards commit to two 20-minute sessions a day. However, teacher Tony Lupinacci, who practices a mantra meditation called Vedic Meditation, says you can start with five minutes: “Consistency is what’s important.” He recommends focusing on the sound “shreem,” which comes from Sanskrit. Mantras aren’t supposed to be attached to meanings, but a little research told me that “shreem” is associated with Lakshmi, the Hindu goddess of good fortune and wealth. Who am I to turn down Lakshmi’s treasures? I found a quiet corner of my apartment and chanted “shreem” over and over. A vision of mushrooms spun through my head, then faded and gave way to a bigger sense of uplift. Good vibrations indeed. ■



Get the veggies prepped and
the chips ready. These
colorful and crave-worthy recipes
are about to become your
new summer go-tos.

A Dip Dive

By Ananda Eidelstein
Photographs by Victor Protasio

GLORIOUS GREEN DIP

Thanks to the
crowd-pleasing
oniony notes, you'll
keep this one in
heavy rotation.



TOMATO-FETA DIP

Briny feta is blended into a supersmooth dip spiked with sweet, caramelized tomatoes.



CHIMICHURRI-YOGURT DIP

Chimichurri, a punchy herb-and-oil sauce, is a staple at barbecues in Argentina. Here, the bright mixture is swirled into yogurt.

DITCH DOUBLE-DIPPING

In this time of masks and hand sanitizer (still!), take a few steps to make sure your spread is one-dunk friendly.

Cut crudité's smaller than usual so there's no option of going back for more.

Set out multiple spoons for guests to scoop dip onto their own plates. Or, for easier cleanup, use bamboo boats.

Have mini tongs on hand for picking up vegetables.

Offer plenty of veggies and chips so no one is tempted to redip.

CHIMICHURRI-YOGURT DIP

ACTIVE TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **4 TO 6**

- 2 small cloves garlic, grated (1¼ tsp.)
- ¾ tsp. kosher salt
- 2 Tbsp. red wine vinegar
- 1 cup loosely packed fresh oregano leaves, finely chopped
- 1 cup loosely packed fresh parsley leaves and tender stems, finely chopped
- ⅓ cup olive oil
- ¼ tsp. crushed red pepper
- ¼ tsp. freshly ground black pepper

1¾ cups plain whole-milk Greek yogurt

Serving suggestions: Little Gem lettuce, watermelon radishes, radicchio, grissini

PLACE garlic and salt in a medium bowl. Stir, lightly mashing, until a paste forms. Whisk in vinegar. Add oregano, parsley, oil, crushed red pepper, and black pepper; stir until well combined.

POUR out any excess liquid from yogurt and stir until smooth. Transfer yogurt to a large serving bowl. Set aside 2 tablespoons chimichurri. Gently fold remaining chimichurri into yogurt in 2 batches until streaked but not fully combined. Swirl in reserved 2 tablespoons chimichurri on top.

MAKE AHEAD: Chimichurri can be made up to 1 day in advance; cover and refrigerate. Let stand at room temperature for 15 minutes before adding to yogurt.

GLORIOUS GREEN DIP

ACTIVE TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **4 TO 6**

- 5 medium scallions, trimmed
- ⅓ cup drained and rinsed canned cannellini beans
- ⅓ cup roughly chopped chives
- ¼ cup mayonnaise
- 3 Tbsp. olive oil, plus more for pan
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- ½ tsp. kosher salt
- 2 cups packed baby spinach

Serving suggestions: Potato chips, rainbow carrots, English cucumber, blanched sugar snap peas and asparagus, broccoli

HEAT an oiled grill pan over medium-high. Add scallions to hot pan and cook, flipping once, pressing down with a spatula occasionally, until grill marks appear and scallions are charred in spots, 1 to 2 minutes per side. (Alternatively, broil scallions in oven on a baking sheet until charred in spots, about 3 minutes.) Transfer to a cutting board and roughly chop; you should have a heaping ⅓ cup.

ADD beans, chives, mayonnaise, oil, lemon juice, and salt to a blender or food processor and blend until smooth, about 30 seconds. Add spinach and chopped scallions; blend, stopping to push contents down and scrape sides of bowl as needed, until smooth and creamy, about 2 minutes.

MAKE AHEAD: Dip can be made up to 2 days in advance; cover and refrigerate.

TOMATO-FETA DIP

ACTIVE TIME **15 MINUTES**
TOTAL TIME **20 MINUTES**
SERVES **4 TO 6**

- 1 pt. multicolored cherry tomatoes
- ¼ tsp. kosher salt
- ¼ cup olive oil, divided, plus more for drizzling
- 1 8-oz. block feta cheese, drained and torn into pieces
- 3 Tbsp. half-and-half
- 2 tsp. fresh lemon juice (from 1 lemon)
- Freshly ground black pepper
- Small mint leaves and flaky sea salt, for serving

Serving suggestions: Fennel, endive, grilled summer squash, crostini (recipe below)

PREHEAT broiler with oven rack in center position. Toss tomatoes, salt, and 1 tablespoon oil on a rimmed baking sheet. Broil until tomatoes are softened and skin tears in spots, 5 to 6 minutes. Let cool on baking sheet for 5 minutes.

PLACE feta, half-and-half, lemon juice, several grinds of pepper, ¼ cup broiled tomatoes, and remaining 3 tablespoons oil in a food processor; process, stopping to scrape bottom and sides of bowl as needed, until very smooth, about 2 minutes.

TRANSFER to a serving bowl. Top with remaining tomatoes and their juices and lightly drizzle with oil. Top with mint, several grinds of pepper, and flaky sea salt.

MAKE AHEAD: Dip (without toppings) can be made up to 2 days in advance; cover and refrigerate. Store tomatoes in a separate container. Let dip stand at room temperature for 30 minutes before topping and serving.

MAKE YOUR OWN CROSTINI

Preheat oven to 350°F. Slice 1 baguette diagonally into ¼-inch-thick slices and arrange on a large baking sheet (it will be tight; use a second baking sheet if desired). Brush with olive oil on both sides and season with salt. Bake, rotating baking sheet halfway through, until golden, 16 to 18 minutes. Let cool completely. Crostini can be made up to 5 days in advance. Store in an airtight container at room temperature.



SPICED LENTIL DIP

Enhance the natural creaminess of cooked red lentils with a helping of rich coconut milk for a full-flavored, protein-packed (vegan!) dip.

CHEESY CHILE DIP

This is what happens when tasty but labor-intensive jalapeño poppers turn into an unfussy dip: a smoky mix of chiles in a pool of melty cheese.





CARROT HUMMUS

This vibrant beauty is as versatile and delectable as its popular chickpea-based cousin.

CARROT HUMMUS

ACTIVE TIME **10 MINUTES**
TOTAL TIME **30 MINUTES**
SERVES **4 TO 6**

¼ cup olive oil, divided, plus more for drizzling
¼ tsp. ground cumin
1 large clove garlic, crushed
1 lb. carrots, trimmed, peeled, and cut into 1-in. pieces
1½ tsp. kosher salt, divided
⅓ cup well-stirred tahini
¼ cup fresh lemon juice (from 2 lemons)
Freshly ground black pepper
Paprika, for serving

Serving suggestions: Pita chips, Raincoast Crisps, blanched green beans and Broccolini, radishes

HEAT 1 tablespoon oil in a large, deep skillet with a tight-fitting lid over medium. Add cumin and cook, stirring constantly, until fragrant, about 1 minute. Add garlic and cook, stirring often, until sizzling, about 30 seconds. Add carrots and 1 teaspoon salt; stir to coat in oil. Add ¼ cup water and cover with lid. Cook, shaking skillet occasionally, until carrots are tender, about 15 minutes. Let cool, uncovered, for 5 minutes.

TRANSFER carrot mixture to a food processor. Add tahini, lemon juice, several grinds of pepper, and remaining 3 tablespoons oil and ½ teaspoon salt. Process until smooth, about 1 minute. Transfer to a serving bowl. Swirl top with a spoon and drizzle with oil. Sprinkle with paprika.

MAKE AHEAD: Dip can be made up to 1 day in advance; cover and refrigerate. Top with oil and paprika just before serving.

SPICED LENTIL DIP

ACTIVE TIME **20 MINUTES**
TOTAL TIME **1 HOUR, 20 MINUTES**
SERVES **4 TO 6**

1 Tbsp. coriander seeds
1 cup dried red lentils, rinsed
1 1½-in. piece fresh ginger, peeled and thinly sliced (about 2 Tbsp.)
1¾ tsp. kosher salt, divided
1 tsp. lime zest plus 2 tsp. fresh juice (from 1 lime)
¾ cup well-shaken and stirred coconut milk, divided
¼ cup loosely packed fresh cilantro leaves, chopped

Serving suggestions: Naan; blanched cauliflower, Romanesco, and snow peas; mini seedless cucumbers

TOAST coriander seeds in a saucepan over medium, stirring often, until fragrant, 3 to 5 minutes. Transfer half of seeds to a cutting board. Add lentils to saucepan; stir in 2 cups water, ginger, and 1 teaspoon salt. Bring to a boil. Reduce heat to medium-low; cook, stirring often, until lentils are tender and water is absorbed, 13 to 15 minutes. Stir; let cool for 5 minutes.

TRANSFER lentil mixture to a blender. Add lime juice, ½ cup coconut milk, and ½ teaspoon salt; process until smooth, about 1 minute. Transfer to a serving bowl. Cover and chill until cooled, about 1 hour.

MEANWHILE, crush reserved coriander seeds, pressing with flat side of a chef's knife. Transfer to a bowl; add lime zest, cilantro, and remaining ¼ cup coconut milk and ¼ teaspoon salt. Stir to combine. Swirl top of dip with a spoon and top with coconut-cilantro mixture.

MAKE AHEAD: Lentil mixture can be made up to 2 days in advance; cover and refrigerate. Make coconut-cilantro mixture just before serving. Stir dip before topping.

COOL TIP

To blanch crudités for crisp-tender perfection, plunge raw vegetables into boiling salted water for 1 to 2 minutes. Drain and place in a large bowl of ice water to stop the cooking. Drain again and dry well.

CHEESY CHILE DIP

ACTIVE TIME **15 MINUTES**
TOTAL TIME **1 HOUR**
SERVES **8**

5 mini sweet peppers
4 jalapeño peppers
2 poblano chiles
1 red Anaheim chile or red jalapeño
1 large shallot, quartered
1 8-oz. pkg. cream cheese, at room temperature
1½ cups sour cream
1¼ tsp. kosher salt
8 oz. Monterey Jack cheese, grated (about 1¾ cups), divided
½ cup jarred sliced banana peppers, chopped, divided

Serving suggestions: Mini sweet peppers, celery, tortilla chips

PREHEAT broiler with oven rack 6 inches from heat. Place sweet peppers, jalapeños, poblanos, Anaheim chile, and shallot on a large baking sheet lined with aluminum foil. Broil until charred in spots, 10 to 12 minutes. Remove from oven; reduce oven temperature to 375°F. Let cool on baking sheet for 10 minutes.

MEANWHILE, combine cream cheese and sour cream in a large bowl. Add salt, 1 cup cheese, and ¼ cup banana peppers.

TRANSFER pepper mixture to a cutting board. Trim tops of sweet peppers and chiles; cut in half lengthwise. Scrape with knife to remove seeds and ribs; discard. Chop chiles and shallot. (Wash your hands immediately and avoid touching your face.) Stir pepper mixture into cream cheese mixture.

PLACE dip in a broiler-safe 1½-quart baking dish or skillet. Top with remaining ¾ cup cheese.

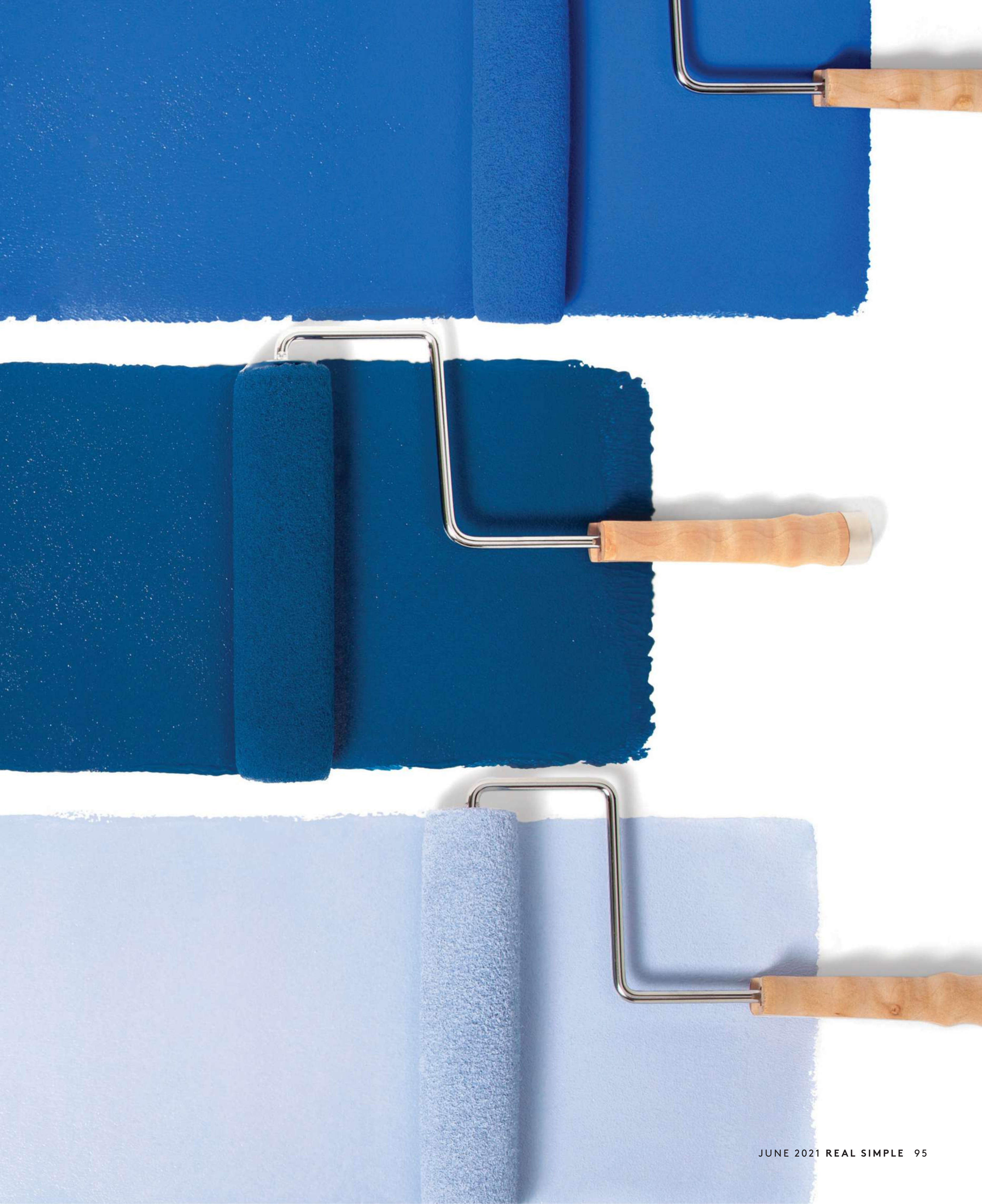
BAKE until bubbling and golden, 30 to 35 minutes. Increase oven temperature to broil. Broil until golden brown, 2 to 3 minutes. Let stand for 5 minutes. Top with remaining ¼ cup banana peppers.

MAKE AHEAD: Prepare recipe through step 4. Cover and chill for up to 2 days. To serve, let stand at room temperature for 1 hour, then continue to step 5.

PAINT COLOR CONFIDENCE

Choosing paint can be as fun as, well, watching it dry. With thousands of options, the selection process is often overwhelming. Experts weigh in to help cut the hassle.

BY LESLIE CORONA
PHOTOGRAPHS BY BRIAN HENN



FIND YOUR COLOR

Many popular decor styles are associated with a handful of shades, so start here if you want to lean into a vibe.

FARMHOUSE OR SCANDINAVIAN
Creamy whites, beiges, and browns



COASTAL OR TRADITIONAL Sky blues, navy, grays, and pure or creamy whites



MIDCENTURY MODERN OR BOHEMIAN
Terra-cotta, teal blues, emerald greens, and lime greens



INDUSTRIAL Chocolate browns, silvery gray, and charcoal



Trend Alert

Dusky, moody shades have been replacing the bright whites that once dominated so many rooms in our social media feeds. To balance out the darkness, bring in light-colored furniture and soft textiles, says Julie Dodson of Julie Dodson Interiors in Houston. Afraid of using a dark shade on all four walls? Consider just applying it to moldings, doors, a piece of furniture, or an architectural feature, like a fireplace.

A WORLD OF WHITES

So many whites, so little time to figure out the subtle differences between each. This basic hue can be the trickiest of all. You look at a swatch and think it's perfectly neutral, but once it's on the wall—oof!—it's yellow. To save you from hemming and hawing (and repainting), we polled designers for their favorites.

WARM WHITES
(THE PINK AND YELLOW
END OF THE SPECTRUM)

White Dove
by Benjamin Moore
Polar Bear by Behr
School House White
by Farrow & Ball

PURE WHITES
(TRUE NEUTRALS
WITH NO DISCERNIBLE
UNDERTONE)

Ultra Pure White by Behr
High Reflective White
by Sherwin-Williams
Chantilly Lace
by Benjamin Moore

COOL WHITES
(THE LIGHT BLUE AND GRAY
END OF THE SPECTRUM)

Decorator's White
by Benjamin Moore
Polar White
by Benjamin Moore
Du Jour by Valspar

When you've selected the white that's right for you, stick with it throughout your whole house. That way, future touch-ups won't be a complicated matching game. When using white on walls, keep in mind that furniture, sunlight, overhead lighting, and lamplight may influence the appearance of the shade, so it's imperative you test it. (See "Test It Out," opposite page.)





Test It Out

A swatch is to paint what a three-way mirror is to a pair of jeans: It lets you “try on” paint and see it from all angles. Brush paint onto a 24-inch poster board, leaving a two-inch white border to keep the existing wall shade from skewing your perception. Move the board from wall to wall throughout the day to get the best sense of color. Beth Webb, an Atlanta-based interior designer, says you can also order 12-inch peel-and-stick swatches (\$6 each; [samplize.com](https://www.samplize.com)) in hues from four major paint brands. If you’re painting two rooms the same color, test the shade in both spaces, because lighting will vary, says Katie Davis, an interior designer in Houston, who learned her lesson the hard way: “My son’s room is a pretty gray-blue, and mine looks purple—even though they’re the same color!”

FINISH IS EVERYTHING

“Color never stands alone. Any kind of light—natural or electric—changes the appearance of every paint. The type of finish you choose also has an impact,” says Rick Watson, director of product information and technical services at Sherwin-Williams. Your choice will depend on what your needs are.

YOU WANT TO DOWNPLAY IMPERFECTIONS ON WALLS FLAT

Ideal for ceilings and low-traffic spaces, like a home office, this finish creates a uniform surface appearance, so it’s more forgiving of nicks and flaws. Because it reflects no light, your pigment may appear chalky. The big downsides? It scuffs easily and can be hard to clean.

YOU WANT EASY MAINTENANCE EGGSHELL OR SATIN

A cinch to clean and more durable than flat, these finishes are good for living rooms, dining rooms, and hallways. The slight sheen reflects just enough light to make colors appear more vibrant. (Satin is a bit glossier than eggshell.) Be warned, though, that it can be difficult to touch up small spots without leaving a patchy look—you may need to repaint an entire wall.

YOU WANT TO HIGHLIGHT ARCHITECTURAL DETAILS SEMIGLOSS OR HIGH GLOSS

Use one of these finishes for doors, trim, furniture, or other accent features you’d like to draw attention to. They’re also great for areas that are susceptible to mold, mildew, and stains, like kitchens and bathrooms. Dark shades tend to appear shinier in a glossy finish than lighter ones. Make sure your surface is smooth, as every imperfection will be super visible.

Tried-and-True Hues

If you just want someone to tell you which color to choose, here are industry insiders' go-to shades.



SWEET SLUMBER BY VALSPAR

"It's my no-fail blue that works everywhere. The color pairs exceptionally well with any neutral crown molding, but also with analogous colors, such as green and purple."

KEVIN ISBELL,
KEVIN ISBELL INTERIORS,
LOS ANGELES



PEPPERCORN BY SHERWIN-WILLIAMS

"Peppercorn is a good color when you want a moodier room. It's perfect in a sophisticated study, on cabinets in a bar area, or if you want the opposite of the all-white kitchen. Combine it with light-colored furniture and finishes, like a white marble counter in your kitchen."

JULIE DODSON,
DODSON INTERIORS,
HOUSTON



COLLINGWOOD BY BENJAMIN MOORE

"This taupe-beige gives a room a lot of warmth, and it works well as a neutral foundation without being too stark. I've paired this color with blush or blue-and-green accents."

KATIE DAVIS,
KATIE DAVIS DESIGN,
HOUSTON



TIME OUT BY BEHR

"This is great for a guest bedroom or formal dining room. It gives a space a traditional, inviting feel."

LINDA HAYSLETT,
L.H. DESIGNS,
LOS ANGELES



CRABAPPLE WINE BY VALSPAR

"A rich blend of purple and red, this versatile color goes well with cool blues and warm beiges. I'd use it to give drama to a powder bath or make over a well-worn piece of furniture."

STEPHANIE SISCO,
HOME DIRECTOR AT REAL SIMPLE



HAGUE BLUE BY FARROW & BALL

"This exudes drama and makes a small room feel like a jewel box. Painting everything, even the woodwork, creates instant glamour."

BETH WEBB,
BETH WEBB INTERIORS,
ATLANTA

THANK YOU TO JEFF ANDREWS DESIGN, CORTNEY BISHOP OF CORTNEY BISHOP DESIGN, JESSE CARRIER AND MARA MILLER OF CARRIER AND COMPANY, ERIN GATES OF ERIN GATES DESIGN, CLARA JUNG OF BANNER DAY INTERIORS, AND EMILIE MUNROE OF STUDIO MUNROE

YOUR PAINT QUESTIONS, ANSWERED

On social media, we asked for your biggest challenges when it comes to picking a paint color, and we got an astonishing number of replies. Below, a few helpful pointers for some of the most intriguing conundrums.

“Is the accent wall outdated? Where do you end one color and start the other?” ALICIA A., COHOES, NEW YORK

Wallpapered accent walls are becoming more popular than painted ones, but the latter aren’t totally passé. To keep the treatment from looking busy, only accentuate self-contained rectangular or square walls.

“What neutral, trendproof color can be used throughout my home? Is there a standard white for baseboards, trim, and doors?” KRYS A., ONTARIO, CANADA

Pick an off-white that plays well with your flooring or carpeting. With warm-toned floors (say, tan carpet or red oak hardwood), opt for a white that’s fairly bright but not cold, like Sherwin-Williams’s Greek Villa, suggests Lisa Moon, owner of Paper Moon Painting in San Antonio. Benjamin Moore’s Simply White is reliable for trim and doors.

“I love the look of contrasting cabinets in kitchens. What are good color options? I see a lot of black, gray, and white, but I’d love more variety.” LEAH B., KINGSTON, NEW HAMPSHIRE

The most successful combination is usually darker paint on lower cabinets and white on upper cabinets; this prevents colors from competing with each other. “A pale gray can be used instead of white,” Hayslett adds. For the lower half of your cabinetry, deep blues, like Sherwin-Williams’s Indigo Batik and Benjamin Moore’s Hale Navy, and rich greens, like Benjamin Moore’s Backwoods and Cedar Mountains, are popular now, Moon says.

“My kitchen is open to my family room. Should I pick the same color for both?” KRIS B., ST. PAUL, MINNESOTA

“Yes! This helps make the space feel bigger and cohesive,” Hayslett says. If you’re set on varying the colors, “stick to shades on one strip from a paint deck,” advises Taniya Nayak of Taniya Nayak Design in Boston.

“All our trim is stained, and I want to paint it. Is that still the thing to do, or should I stay with the stained look?” LUMI C., BROOKLYN, NEW YORK

We say go for it. “Unless you’re in a mountain lodge, a true ranch house, or a heritage Craftsman, there’s no reason to leave the trim stained if you don’t like it,” Moon says. Painted trim can be just as classic and will brighten up your space. It doesn’t occupy much visual square footage, but it does carry a lot of visual weight.

“Many of us worry about the longevity of our choices. Is there an average ‘your paint choice should last this long’?” EMILY B., CHICAGO

Updating every 10 or 15 years is inevitable. Paint is one of the more budget-friendly home upgrades, so it’s a doable project for most homeowners every decade or so, Moon says.

“Compared with neutrals, do bolder colors hurt your chances at resale? Are there certain shades to use for a better showing?” PETER L., TAMPA, FLORIDA

Nearly 7 in 10 members of the National Association of Realtors (NAR) recommend that a seller paint before listing. “There’s a stronger reliance now on photos and video tours, and a fresh paint job will be apparent in the virtual world and in person,” says Jessica Lautz, NAR’s vice president of demographics and behavioral insights. Most buyers can visualize their own things in a new space much more easily if they don’t have to imagine a color change on the walls as well. Neutrals are the way to go, and the lighter the better, Moon advises.







Q&A about CBD

Proponents say the elixir can calm our troubled minds, end our sleepless nights, and soothe the aches and pains that ail us. If you're intrigued (but also confused), it's high time to check out our handy guide.

by NAOMI BARR
and AMY MACLIN

photographs by
ANNA WILLIAMS

CBD is everywhere—endorsed by celebrities from John Legend to Kourtney Kardashian, available at Bed Bath & Beyond, popping up in dog treats. Last year, the CBD market was projected to grow by 14 percent, reaching \$4.7 billion in sales, according to recent data. Yet many of us still feel mystified by this alleged magic potion: *Does it really work? Is it safe? Will I feel stoned?* Here, we weed through the hype.

Everything You Ever Wanted to Know (but Were Too Paranoid to Ask)

HOW IS IT DIFFERENT FROM MARIJUANA?

CBD, or cannabidiol, is a plant compound that can indeed be found in marijuana and hemp, both of which belong to the species *Cannabis sativa*. Many readily available products include CBD that's been extracted from hemp, which contains only trace elements of euphoria-inducing THC (tetrahydrocannabinol)—the compound that puts the “wacky” in “wacky tobacky.”

IS IT LEGAL?

Yes—with certain restrictions. The 2018 Farm Bill made hemp-derived CBD legal under federal law, but state laws still apply, says Morgan Fox of the National Cannabis Industry Association. Marijuana-derived CBD is available only through licensed dispensaries. “Marijuana-derived CBD isn't stronger than hemp-derived CBD,” says Peter Grinspoon, MD, an instructor at Harvard Medical School and a Doctors for Cannabis Regulation board member. “But if you want a product that includes more than trace elements of THC, you'll need to go to a dispensary.”

IS IT SAFE?

Right now, the only FDA-approved use of CBD is for the epilepsy drug Epidiolex. “Safety studies have been conducted for that particular drug, so there's clinical evidence that CBD is relatively low risk,” Grinspoon says. “We don't have long-term safety studies, so that is a bit of a question mark. But I've been a primary care physician for 25 years, and I like CBD more than a lot of things we'd prescribe for insomnia and pain, because it's nonaddictive and most patients tolerate it well.”

If you're taking a prescription medication, check with your doctor before trying CBD, which can raise the level of blood thinners and other drugs in your bloodstream. And make sure your product is from a reputable source (see “How to Shop for It,” page 104).

WILL IT MAKE ME HIGH?

It shouldn't. THC binds to receptors that release certain neurotransmitters in the brain to produce that groovy feeling. CBD doesn't, so it promotes relaxation without the high. However, it's often inaccurately referred to as “nonpsychoactive,” says Stacia Woodcock, a pharmacist and dispensary manager for the cannabis company Curaleaf. “‘Psychoactive’ means that it works on the mind, which CBD does. Otherwise, it wouldn't help with anxiety. But it won't sedate you. It's just calming—like the feeling you have after a long bath or a massage.”

ARE WE SURE IT WON'T MAKE ME HIGH?

CBD can cause drowsiness, so start cautiously. “Just as with a new prescription drug, the first time you use it, you don't want to be out and about, in case you get sleepy or just don't feel like yourself,” says Leslie Mendoza Temple, MD, medical director of NorthShore University Health System's Integrative Medicine Program in Glenview, Illinois. “But as long as you're not ingesting a product with more than 0.3 percent THC and you don't feel impaired, you should be able to take it and still drive a car and go about your life.”

Other possible side effects include headaches, a dry mouth, and gastrointestinal issues—another reason to test-drive it at home, near the comfort of your own bathroom. “One study showed that CBD is effective for anxiety related to public speaking,” Grinspoon says. “But you don't want to have stomach problems right before you have to get up in front of an auditorium of 1,000 people.”

CAN I PASS A DRUG TEST?

If your product is completely THC-free, you should be in the clear. But check the label, Woodcock warns: “CBD products can legally contain very small amounts of THC, which could potentially still show up on a test.”

SO HOW DOES THIS STUFF WORK?

Scientists still aren't entirely sure, but research shows that CBD is a promising aid for anxiety, insomnia, and chronic pain. How could one plant compound work for all these conditions? “It almost seems like hocus-pocus until you



understand the endocannabinoid system,” says Janice Newell Bissex, RDN, a holistic cannabis practitioner at Jannabis Wellness and the author of *Simple Guide to CBD*.

The endocannabinoid system includes a network of receptors throughout the body—in our brain, nerves, muscles, skin—that regulate functions such as appetite, temperature, and sleep. THC binds to some of these receptors like a key clicking into a lock; CBD interacts with the system in more complex ways. “It works with your body to maintain balance,” Bissex says. “For instance, our bodies naturally produce a cannabinoid called anandamide, from the Sanskrit word for ‘bliss.’ CBD helps keep that anandamide in your system longer to exert its neurocalming effect.” Its balancing properties, she adds, can be beneficial for a number of issues, including sleep, stress, PMS or menopausal irritability, and pain.

Until 2018, the Drug Enforcement Administration classified CBD along with marijuana as a Schedule 1 drug (one with no current accepted medical use, and a potential for abuse), so research has been limited. “Most studies have been done with animals,” Grinspoon says. “It looks like CBD is going to have amazing applications, but we haven’t proven most of these things in humans yet. There are more human studies for THC because it’s been researched by our government for decades, whereas CBD has more recently come into vogue.”

In the meantime, CBD enthusiasm has led some companies to make claims that aren’t supported by research. Last year, the FDA issued warning letters to 21 companies that touted their products for such conditions as PTSD, childhood ADD and ADHD, and even Covid-19. “The marketing for CBD products has soared far above the claims,” Grinspoon says. “We won’t know until there are more human studies, which I believe will be more forthcoming now that CBD is no longer a Schedule 1 drug.”

How to Shop for It

Because CBD products aren’t regulated, you’ll need to do a little homework. According to a 2017 study in the *Journal of the American Medical Association*, nearly 70 percent of CBD products sold online were mislabeled, containing either more or less CBD than their packages claimed; some even had traces of THC.



CHECK THE CONTENTS Make sure the company’s products are independently tested by an accredited third-party lab. The website should feature a certificate of analysis; reputable companies will usually show it prominently with each product description. “You can see the amounts of CBD and THC and make sure the product contains no pesticides or solvents,” Woodcock says.

PICK A FORMULA In general, “full spectrum” products contain up to 0.3 percent THC, “broad spectrum” products don’t contain THC, and “CBD isolate” products contain only isolated CBD (no other plant compounds, including THC). There are upsides to each: CBD isolate allows manufacturers to get more consistent dosing and is less likely to trigger sensitivities. But some experts say CBD works best when combined with its fellow cannabinoids and other plant compounds, a phenomenon called “the entourage effect.” “They work synergistically,” Bissex says. “If I advise someone to eat broccoli, it’s not just because of the vitamin A—there are also antioxidants and anthocyanins. I wouldn’t just pluck one thing out.”



If you're feeling adventurous, some experts believe full-spectrum products (with THC) are more potent due to the entourage effect. Again, most widely sold options don't contain enough THC to leave you mesmerized by the flashing blue light on your modem. "Products with less than 0.3 percent THC aren't likely to induce a high unless you have extreme sensitivity," Woodcock says. But stick to the dosage on the label, she adds: "The more you ingest, the more THC gets into your system, and the greater the potential psychoactive effect."

CHOOSE A DELIVERY SYSTEM You'd be wise to pass on the vaping oils, since research suggests vaping is bad for your heart and lungs. Other oral forms of CBD include capsules, gummies, and oils, which usually come in a dropper bottle—you place a few drops under your tongue or in the side of your cheek. Oils are thought to work the most quickly, since putting them under the tongue means they're more readily absorbed into the bloodstream. Capsules and gummies may take more time to kick in, but the effects may last longer. Both Grinspoon and Temple say the best method is...whatever you prefer. But if you go the

gummy route, beware: It's easy to pop those little morsels like candy—and there's nothing calming about GI distress.

To relieve muscular aches, balms and ointments might do the trick, Grinspoon adds. Research shows that CBD is anti-inflammatory and may work as a painkiller. But many topicals include other ingredients, like cooling menthol or warming capsaicin, so it's not clear how much pain relief is coming from the CBD itself.

How to Take It

GO LOW AND SLOW Because clinical research on CBD has been so limited, scientists aren't sure about optimal dosage. "Most studies have used doses much higher than what you'll find in most hemp CBD products—600 to 1,000 milligrams a day. Many gummies have 10 to 25 milligrams," Grinspoon says. "That doesn't necessarily mean those doses aren't going to work. We just don't have clinical data to prove it." He recommends starting at the lowest possible dose and going up in five-milligram increments. Ask your doctor what's right for you.

CHASE IT WITH FAT Your system will better absorb CBD gummies and capsules if you add a snack with healthy fats, Bissex says. "I tell clients to have a few nuts or some full-fat yogurt. The CBD might take a few extra minutes to kick in, but the effects are going to last for eight hours instead of four hours."

GIVE IT TIME CBD isn't always an instant-gratification thing, Bissex notes: "One client told me she felt the anti-anxiety effects start around day 17."

Can I Give CBD to...

MY CHILD WHO HAS ANXIETY ISSUES? It's not a good idea. Of the few CBD studies that have been conducted on kids, nearly all have focused on those who experience seizures or who are on the autism spectrum. A small 2018 Israeli study *did* find that CBD reduced anxiety in some kids with autism, but there's little scientific proof that CBD can help children in general. "We do know that CBD can cause liver damage in kids at higher doses," says Jennifer Griffith, MD, PhD, assistant professor of pediatric neurology at Washington University School of Medicine



in St. Louis. “If I know it could cause harm and there are no high-quality studies that show some benefits—other than with epilepsy—I can’t recommend it.”

MY ELDERLY MOM WHO HAS ARTHRITIC PAIN?

This shouldn’t be a problem. “I recommend CBD to my elderly patients who need help with pain management,” says Andrée LeRoy, MD, a Los Angeles–based physician. “Over-the-counter meds, like ibuprofen and acetaminophen, can have deleterious side effects on the kidneys and liver when taken at higher doses over a long period of time. CBD is also processed through the liver, but research shows there’s much less chance of developing toxicity with regular, recommended use.” Still, make sure your mom talks to her doctor before trying CBD, LeRoy advises, to discuss dosage and medication interactions.

MY DOG OR CAT WITH BEHAVIORAL ISSUES?

It’s complicated. “CBD can offer relief from pain, inflammation, and seizures, as well as prompt a calming response,” says Elizabeth Frankenberg, DVM, a founding member of the Veterinary Cannabis Society. Though it’s considered relatively safe, there can be side effects. “Sedation and diarrhea are the most common,” Frankenberg says. Talk to your vet before you introduce it, especially if your pet is older or on other meds, she adds. Start with a low dose and call your vet if you see any adverse reactions.

What About CBD Beauty?

CBD can be found in skin creams, oils, even mascara. How much of the trend is science based and how much is hype? “CBD has anti-inflammatory properties, and research has shown it can quell irritated skin in the cases of acne, psoriasis, and eczema,” says Mona Gohara, MD, associate clinical professor of dermatology at Yale School of Medicine. “Since inflammation is also at the root of the aging process, CBD may help slow down signs of aging as well.”

That said, studies have been small or conducted only on rodents or via skin cell models, notes Hooman Khorasani, MD, a dermatologic and cosmetic surgeon in New York City, who coauthored a 2020 review of 44 studies of CBD’s effects on skin in the *Journal of Dermatological Treatment*. Until there are bigger and better-controlled studies, he says, no one can be sure that a CBD-infused product will offer extra skin protection. “Research is underway, and we should know more soon,” he adds. As for your mascara? “I can’t think of any significant benefit to putting CBD in makeup,” Gohara says. ■

We Tried It

REAL SIMPLE’S INTREPID STAFFERS WADED INTO THE WILD WORLD OF CBD PRODUCTS.

FOR DEEPER SLEEP

Mandara Dream Nighttime Gummies

Testers loved the light flavors (watermelon and tart apple), as well as the soporific effects. One said, “I slept well with no interruptions and experienced no sluggishness the next day.”

TO BUY: \$80 for 30; mandaracbd.com.



FOR GENERAL ACHES AND PAINS

Sunday Scaries CBD Tincture

“I had the worst neck pain from a stressful day, and the tincture seemed to soothe it,” a tester said about this formula, with vitamins B12 and D3. “It also helped me sleep through the night, which has seemed next to impossible lately.” **TO BUY:** \$69 for 1 oz.; sundayscarieshemp.com.



FOR A MILD AND TASTY TREAT

Martha Stewart CBD Wellness Gummies

“Heaven!” one tester declared about the Berry Medley (there’s also a Citrus Medley and a 15-flavor sampler). Though testers agreed that the gummies’ effects were mild, they adored the sophisticated taste and texture: “They’re like those French sweets, pâtes de fruits. I’d put these out after a dinner party for a wind-down.”

TO BUY: \$35 for 30; shopcanopy.com.



FOR A CHILL PILL

Plnt CBD Full-Spectrum Hemp Extract + Ashwagandha Capsules

The capsules contain trace amounts of THC, but our satisfied tester reported she could pop one and still have her wits about her: “It’s like having a glass of wine without the buzz.” **TO BUY:** \$40 for 30; vitaminshoppe.com (not available for delivery in all 50 states).



FOR SORE MUSCLES

Kind Lab Serenity CBD + Magnesium Salve

“It takes the edge off muscle and joint pain for several hours,” said one tester, who appreciated the organic hemp, the gentle scent of essential oils, and the woman-owned company. **TO BUY:** \$60 for 2 oz.; kindlab.co.



FOR A SOOTHING SOAK

Extract Labs Deep CBD Bath Bomb

“They’re almost too pretty to use, but I’m glad I did,” our tester said. “The flower essences turn it into a spa experience.” **TO BUY:** \$16; extractlabs.com.



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FOOD



IN SEASON

Ravishing Rhubarb

These pinkish red beauties have a bright, sour flavor, so they pair perfectly with their sweet summer soulmate, strawberries.

SHOP for crisp, colorful stalks with fresh-looking leaves. Don't eat the leaves, though—they're toxic.

STORE in the refrigerator, tightly wrapped, for up to three days.

PREP with sugar to tame the sharpness. This sweet-tart combo makes rhubarb ideal in cakes, crisps, pies, and jams. Or simply toss with sugar on a baking sheet, cover with foil, and roast until tender. Don't forget the ice cream!

—Ananda Eidelstein

EASY DINNER 1

Grilled Steaks with Potato Skewers

ACTIVE TIME **35 MINUTES**
TOTAL TIME **55 MINUTES** SERVES **4**

✓ Gluten-Free ✓ Family Friendly

- 5 large shallots, peeled, root ends intact, and halved lengthwise
- 24 baby new potatoes (about 2 lb.)
- ½ cup plus 1½ tsp. white wine vinegar, divided
- ⅔ cup mayonnaise
- 1 Tbsp. finely chopped fresh tarragon leaves, plus more for serving
- 4 beef strip steaks (each about 8 oz. and 1 in. thick)
- 1 Tbsp. olive oil, divided, plus more for grill grates
- ½ tsp. freshly ground black pepper
- 1¼ tsp. kosher salt, divided

PREHEAT grill to high (450°F to 500°F). Place shallots, potatoes, 2 cups water, and ½ cup vinegar in a large, microwave-safe bowl. Cover with plastic wrap or an

inverted plate; microwave on high, stirring halfway through, until potatoes are tender, about 10 minutes. Drain; let cool for 5 minutes.

MEANWHILE, stir mayonnaise, tarragon, 1 tablespoon water, and remaining 1½ teaspoons vinegar in a small bowl.

SLICE shallot halves in half lengthwise, keeping root ends intact. Thread potatoes and shallots alternately onto each of 4 (12 inch) presoaked skewers.

BRUSH steaks with ½ tablespoon oil; season with pepper and 1 teaspoon salt. Grill on oiled grates, uncovered, flipping once, until desired degree of doneness, 4 to 5 minutes per side for medium-rare. Transfer to a cutting board; let rest for 10 minutes.

MEANWHILE, brush potato skewers with remaining ½ tablespoon oil. Grill, covered, turning occasionally, until charred in spots, about 6 minutes. Remove from grill. Season with remaining ¼ teaspoon salt and sprinkle with tarragon. Slice steaks against the grain and serve with potato skewers and mayonnaise mixture for dipping.

PER SERVING: 780 Calories, 37g Fat (7g Saturated), 140mg Cholesterol, 5g Fiber, 60g Protein, 51g Carbs, 980mg Sodium, 5g Sugar

EASY DINNER 2

Buttery Shrimp and White Beans

ACTIVE TIME **25 MINUTES**
TOTAL TIME **25 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Gluten-Free

- 2 large lemons
- 2 15-oz. cans cannellini beans, drained and rinsed
- 5 Tbsp. olive oil, divided
- 1¼ tsp. kosher salt, divided
- 4 large cloves garlic, finely chopped (about 2 Tbsp.)
- ¼ tsp. crushed red pepper
- 3 Tbsp. unsalted butter, divided
- ¼ cup dry white wine
- 1 lb. peeled, deveined large shrimp
- ⅓ cup chopped fresh parsley leaves
- Toasted bread, for serving (optional)

REMOVE lemon peel in wide strips with a vegetable peeler, avoiding white pith. Finely chop

strips to equal 1 tablespoon; transfer to a medium bowl. Squeeze lemons to equal 3½ tablespoons juice. Add beans, 3 tablespoons oil, ¾ teaspoon salt, and 2 tablespoons lemon juice to chopped lemon peel in bowl.

PLACE garlic, crushed red pepper, 2 tablespoons butter, and remaining 2 tablespoons oil in a large skillet. Cook over medium, stirring often, until garlic is lightly golden, about 4 minutes. Add wine and cook until reduced by half, about 1 minute.

ADD shrimp and increase heat to medium-high. Cook until shrimp are just opaque, 3 to 4 minutes. Stir in parsley and remaining 1½ tablespoons lemon juice, ½ teaspoon salt, and 1 tablespoon butter. Serve over beans with bread, if using.

PER SERVING: 510 Calories, 27g Fat (8g Saturated), 166mg Cholesterol, 10g Fiber, 29g Protein, 37g Carbs, 1,330mg Sodium, 4g Sugar

Shape the dough on parchment paper, then place the paper on the hot baking sheet. We use Reynolds Kitchens brand.



EASY DINNER 3

Antipasto Stromboli

ACTIVE TIME **20 MINUTES**
TOTAL TIME **1 HOUR, 10 MINUTES** SERVES **4**

✓ Freezable ✓ Make Ahead
✓ Family Friendly



- 1 10-oz. pkg. frozen chopped spinach, thawed and drained
- 1/2 cup jarred roasted red bell pepper strips, drained and patted dry
- 1/4 cup oil-packed sun-dried tomatoes, drained and chopped
- 1/4 cup pitted kalamata olives, drained and chopped
- 1/4 cup pickled pepperoncini (2 or 3 peppers), drained, stemmed, and chopped
- 5 slices prosciutto, chopped
- 1 lb. store-bought pizza dough, at room temperature
- All-purpose flour, for dusting
- 6 oz. shredded low-moisture mozzarella cheese (about 1 1/2 cups)
- 1 large egg, beaten
- Jarred marinara sauce, warmed, for serving

PREHEAT oven to 425°F. Place a large baking sheet on center rack and let heat for 20 minutes.

MEANWHILE, place spinach in a medium bowl and pull apart with 2 forks. Stir in bell pepper strips, tomatoes, olives, pepperoncini, and prosciutto.

ROLL dough into a 16-by-9-inch rectangle on a lightly floured sheet of parchment paper. Spread spinach mixture over dough into a 14-by-5-inch rectangle. Top with cheese. Fold each short side of dough over filling, about 2 inches in toward middle. Brush folded dough with egg. Fold 1 long side of dough over filling; brush with egg. Fold other long side over filling to overlap in middle. Turn stromboli to face seam side down. Lightly brush with egg. Cut 4 slits on top.

TRANSFER parchment paper with stromboli to preheated baking sheet. Bake at 425°F until golden, about 25 minutes. Let cool for 10 minutes. Slice and serve with warm marinara sauce.

PER SERVING: 549 Calories, 18g Fat (6g Saturated), 87mg Cholesterol, 11g Fiber, 32g Protein, 65g Carbs, 1,610mg Sodium, 2g Sugar



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- 
- 
- 4 12-oz. bone-in, skin-on chicken breasts, patted dry
1 tsp. kosher salt, divided
 $\frac{1}{2}$ tsp. freshly ground black pepper, divided
1 16-oz. pkg. shredded coleslaw mix
6 sweet mini peppers, halved, seeded, and thinly sliced lengthwise (about 1 cup)
 $\frac{3}{4}$ cup sour cream
 $1\frac{1}{2}$ Tbsp. whole-grain mustard
 $1\frac{1}{2}$ Tbsp. apple cider vinegar
1 Tbsp. honey
 $\frac{1}{2}$ cup plus 2 Tbsp. barbecue sauce, divided

PREHEAT oven to 450°F with rack 6 inches from heat. Arrange chicken, skin side up, on a rimmed baking sheet lined with aluminum foil. Season with $\frac{1}{4}$ teaspoon each salt and black pepper. Roast until skin is crisp, about 25 minutes.

MEANWHILE, combine coleslaw, mini peppers, sour cream, mustard, vinegar, honey, and remaining $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper in a large bowl; refrigerate.

REMOVE chicken from oven. Increase temperature to broil. Turn over chicken and brush with 2 tablespoons barbecue sauce. Broil until sauce is bubbling, 2 to 3 minutes. Turn chicken skin side up. Brush with $\frac{1}{4}$ cup barbecue sauce. Broil until sauce is bubbling, 2 to 3 minutes. Brush tops with remaining $\frac{1}{4}$ cup barbecue sauce. Broil until an instant-read thermometer inserted in thickest portion of chicken reads 165°F, 3 to 5 minutes. Serve with coleslaw.

PER SERVING: 598 Calories, 23g Fat (8g Saturated), 188mg Cholesterol, 3g Fiber, 62g Protein, 32g Carbs, 1,202mg Sodium, 24g Sugar (4g Added)

EASY DINNER 4

BBQ Chicken and Slaw

ACTIVE TIME **20 MINUTES** TOTAL TIME **50 MINUTES** SERVES **4**

✓ Gluten-Free ✓ Family Friendly

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EASY DINNER 5

Golden Corn and Tofu Curry

ACTIVE TIME **30 MINUTES**
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking ✓ One Pot
✓ Vegetarian ✓ Gluten-Free

- 1 14-oz. pkg. extra-firm tofu, drained and cut into 1-in. pieces
- 2 Tbsp. canola oil
- 2 cups fresh corn kernels (from 3 ears) or unthawed frozen corn (from a 14.4-oz. pkg.)
- 2 Tbsp. green curry paste
- 1 13.5-oz. can coconut milk, well shaken and stirred
- 1½ Tbsp. soy sauce or tamari
- 1 Tbsp. light brown sugar
- 1½ tsp. fresh lime juice (from 1 lime), plus wedges for serving
- ¼ tsp. kosher salt
- ½ cup chopped fresh cilantro leaves, plus more for serving
- 1 8-oz. pkg. cooked rice noodles

PRESS tofu cubes firmly between paper towels or a clean dish towel to absorb liquid.

HEAT oil in a large saucepan over medium-high. Add corn and cook, stirring often, until softened, about 5 minutes. Add curry paste and cook, stirring constantly, for 1 minute. Stir in coconut milk and 1 cup water; bring just to a boil over medium-high. Immediately reduce heat to medium-low and simmer, stirring occasionally, until flavors meld, about 5 minutes.

ADD soy sauce, sugar, lime juice, and salt, stirring to combine. Add tofu and cook, gently stirring occasionally, until heated through, 2 to 3 minutes. Remove from heat and stir in cilantro.

DIVIDE curry mixture and noodles among bowls. Top with more cilantro and serve with lime wedges.

PER SERVING: 633 Calories, 34g Fat (20g Saturated), 0mg Cholesterol, 4g Fiber, 18g Protein, 69g Carbs, 633mg Sodium, 9g Sugar (3g Added)





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PLANT POWERED

Chickpea Veggie Burgers

Open wide! This bright burger with a kick wants an invite to all your summer cookouts.

BY ANANDA EIDELSTEIN





THE BENEFITS OF GARBANZOS

Chickpeas—a.k.a. garbanzos or ceci—are an excellent source of fiber and plant-based protein. Whether canned, dried, or fresh (a rare find—usually at farmers or specialty markets), this legume is a welcome addition to soups, stews, salads, and veggie patties. If starting with dried, soak in water overnight to speed up cook time; the soaking may also help prevent bloat.

Harissa is a spicy red pepper sauce originally from North Africa. Look for it in the international or condiment section.

ACTIVE TIME **20 MINUTES**
TOTAL TIME **35 MINUTES**
SERVES **4**

- 2 15-oz. cans chickpeas, drained and rinsed
- ½ cup jarred harissa (such as Mina), plus more for serving (optional)
- 1 cup loosely packed fresh cilantro leaves and/or flat-leaf parsley leaves, finely chopped
- ½ cup panko
- 1 Tbsp. fresh lemon juice (from 1 lemon)
- 1½ tsp. kosher salt
- Freshly ground black pepper
- 2 Tbsp. olive oil
- 2 avocados
- 4 brioche buns, split and toasted
- Sliced tomatoes, sliced red onion, and red leaf lettuce, for topping

PLACE chickpeas and harissa in a large bowl. Mash with a masher or fork until a coarse paste forms; leave some slightly larger pieces of chickpeas. (Alternatively, place chickpeas and harissa in a food processor and pulse until a coarse paste forms, 8 to 10 pulses.) Add herbs, panko, lemon juice, salt, and several grinds of pepper. Stir and lightly mash mixture until well combined. Let stand at room temperature for 15 minutes or refrigerate, covered, up to overnight.

FORM mixture into 4 (¾ inch thick) patties. Heat oil in a large nonstick skillet over medium. Add patties and cook, flipping once, until golden brown, about 3 minutes per side.

MASH avocados and spread evenly on both cut sides of buns. Assemble burgers with patties, tomatoes, onion, and lettuce. Serve alongside additional harissa, if desired.



BREATHE

COLORFUL WAVES

As you look at this pattern, notice how the waves of color expand outward, seeping into the space around them. Take a few slow, deep breaths, inhaling through your nose and exhaling through your mouth. Let go of any tension in your body and allow yourself to open, as if you were expanding into the space around you like these color waves. Relax your muscles with each exhale, releasing your jaw, shoulders, and arms. Observe the sensations in your body as you let go—maybe you experience warmth, tingling, or spaciousness.

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